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ABSTRACT

This illustrated booklet describes the physical, social, cognitive, sensory, and motor development of the typical infant during the first 12 months of life. Each of 12 chapters is concerned with successive months in a child's first year and is divided into three sections. Specific stimulating activities (i.e., handing toys to the infant's alternate hands) which parents can do with their infants are suggested and illustrated with photographs. Detailed instructions and diagrams are included for the construction of toys made from household materials. A brief discussion of an infant's expected developmental progress in each month is found in each chapter. A sample form for recording an infant's initial motor, sensory, social, and language achievements is provided. Throughout the booklet, parents of infants are encouraged to promote confidence and exploration by providing successful and pleasant experiences.
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From Birth to One Year



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Play and Learn Program

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An Introduction

Every parent has his own set of dreams for his child, dreams about what his child will become and what he will do; about how he will live his life.

"I don't care what my child accomplishes," one parent will say, "as long as he's happy and secure."

"In this world of ours," says another parent, "a child has to fend for himself. He's got to learn to solve his own problems, and pull himself up by the bootstraps. When the going is rough, I want a kid that can cope."

"I only hope and pray," states a third parent, "that my child grows up to be himself, expressing himself, fulfilling himself, doing his own thing in his own way."

Every parent, when he tells of the dreams he holds for his child, expresses his own value system. Some dreams will be shattered and others fulfilled. What makes the difference? When does it happen?

When does learning begin? Does it begin with the first grade, in kindergarten, in nursery school? Who are the child's first teachers: his school teacher, his friends, his sisters and brothers, his mother and father? The more we learn about learning, the more we realize that learning begins with the first day of life, and that you, as parents, are your baby's first teachers.

This book may be thought of as a manual for parents. It follows a typical baby through his first year of life, as he learns to use his body, his senses, and his mind to communicate with other people. It describes the important learnings that take place in these early months, and suggests specific things that you can do with your baby to help him learn.

As you use this book, remember that it is ONLY A GUIDE. Don't be alarmed if your baby doesn't exactly fit the schedule. Babies develop differently. Take your cue from your child. Do the activity that is right for him, that he is ready for and enjoys.

Think of baby care as a family affair. You, your husband and your children can share in the joy of watching the baby grow and helping him learn. Even a three-year-old can help with making the toys or fixing up the room. And as you and your family play games with your baby, you are capitalizing on his unique ability to learn.

Remember, what you don't give your baby in this first year can never be made up. WHAT YOU DO GIVE YOUR BABY IN THIS FIRST YEAR CAN NEVER BE TAKEN AWAY.

Marylgene Segal



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"Ten Commandments" for Parents

1. The activities listed in the manual are only suggestions. Choose the activities that you and baby enjoy doing together and feel free to introduce substitutes and variations.
2. Choose a time for your lessons when baby is happy and rested.
3. Keep your lesson periods short. The time to end an activity is when you and baby are having a good time.
4. Give baby many chances for success. Every success that baby experiences makes him feel good about himself. A good way to insure success is to replay the games you and your baby have played in earlier months.
5. Let baby know how much you enjoy him and how pleased you are with the things he does.
6. Be selective—be easy-going and don't overdo. Too much stimulation is no better than too little.
7. Don't compare your baby with other babies. He is his own special self.
8. Keep your baby records up to date. According to a Chinese proverb, "The faintest ink is better than the greatest memory."
9. Let the family join in the fun. When baby care is a family affair the whole family circle is strengthened.
10. Remember—the best gift you can give your baby is time, and the greatest investment is love.

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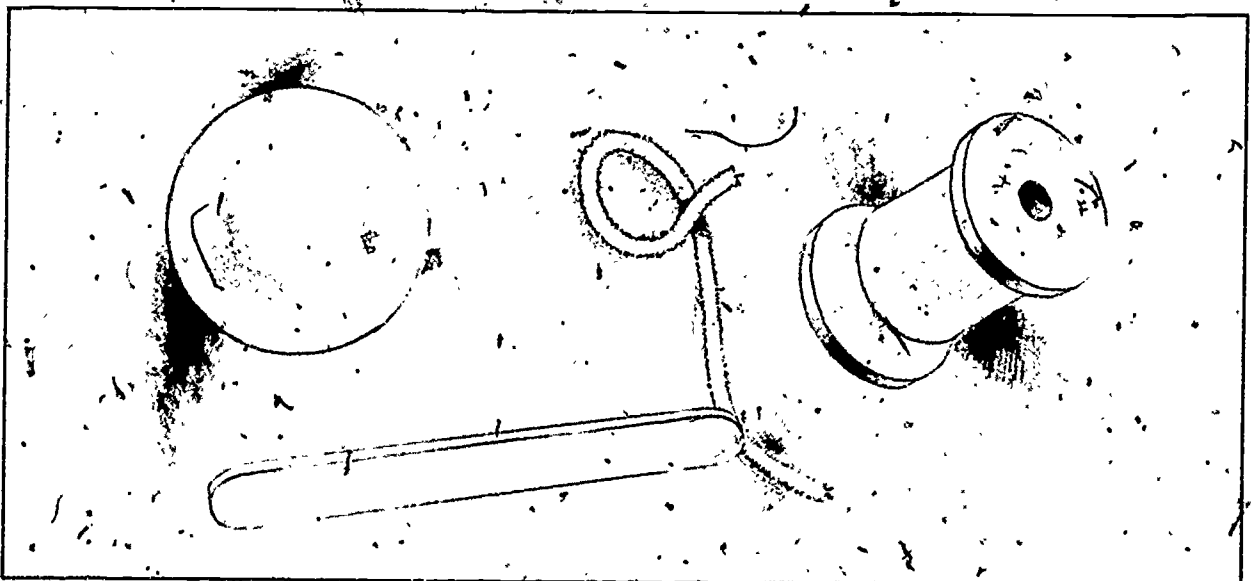
Tips for Toymakers

1. Plan on everything going into baby's mouth.
2. Make sure the toys you make are just as safe in pieces as they are whole.
3. Read labels. All craft supplies, paint, paste, felt pens—must be lead-free and non-toxic.
4. When you use bells, "eyes," or buttons, sew with heavy nylon thread. Sew very securely. Each button should be sewed with not less than ten threads.
5. Watch out for sharp edges. Hammer or sandpaper rough edges, and cover with heavy adhesive cloth.
6. Use only all aluminum cans for construction.
7. Never let your baby play with plastic bags.



Scraps for Scroungers

Plastic bottles and containers
 Scraps of fabric
 Bits of yarn
 Empty spools
 Adhesive paper scraps
 Greeting cards
 Shoe boxes
 String
 Cardboard cans and caps
 Coffee cans
 Aluminum cans
 Ribbons
 Keys
 Aluminum dishes
 Pieces of carpet
 Old magazines
 Calendars
 Old socks, mittens, gloves
 Zippers
 Pipe cleaners
 Paper cups
 Plastic straws
 Cardboard
 Sponge
 Popsicle sticks
 Wrapping paper
 Door handles
 Hinges
 Nylon stockings
 Ping pong balls
 Egg cartons
 Milk cartons
 Wallpaper
 Match boxes



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NEWBORN



BABY'S VIEWPOINT

The newborn baby knows the world as a set of fleeting sensations. He sees light, he hears sounds, he senses the position of his body, but he cannot make connections. He has no sense of time, no awareness of space, no way of differentiating between "me" and "not me." Cause-effect has no place in the baby's scheme of things. Things happen because they happen - baby feels a pang of hunger and hears his own cry. Did the cry come from somewhere inside him? Is the cry somehow connected, with the pang of hunger? Did Mother's arrival have something to do with the feeling of comfort? The infant cannot know the answers, nor even pose the questions. Slowly, over time, as cry follows hunger pang and comfort, follows cry, the baby develops feelings of expectancy, intuitions of order and sequence. The baby builds a view of his world as a safe and orderly place. He develops a sense of trust in his mother, and she, sensing her own ability to respond to this trust, develops new confidence in herself, and new pleasure in her role as mother.

MOTOR SKILLS

The baby is born with automatic built-in behavior patterns, called "reflexes." He sucks when the inner part of his lips is touched, he turns his head when his cheek is stroked, he flings out his arms and stiffens his whole body in response to a loud noise, he tightens his fingers when an object is placed in his palm. Some of an infant's reflexes will disappear in time. Others, like sucking and grasping, will be modified by learning, and will be the basis for more sophisticated behavior.

The newborn has no way of reaching out and exploring his surroundings. He must wait for things to happen to him and for people to do things for him. The new baby's head must be supported at all times. He can turn it from side to side, however, so he is perfectly safe on his stomach. He is also capable of vigorous movements with his arms and legs. In the beginning, most babies kick their legs in a kind of random pattern. Rhythmic or reciprocal kicking is a skill usually learned when the

baby is about three weeks old. During the first month, most babies learn to hold their heads up momentarily when carried in an upright position. Some strong month-old babies will lift their heads up off the sheet when lying on their stomachs. A very active baby may wriggle up to the corner of the crib by the time he is three or four weeks old.

SEEING, HEARING AND FEELING

A baby begins to see from the very moment of birth. The new baby blinks his eyes in response to a white light but fixes his gaze on a soft yellow or red light. He stares at a patterned surface for a longer time than a plain surface, and prefers a human face to any other sight. He is particularly fascinated by things that move, and focuses best when things are between eight and ten inches away.

Not only are we certain that a baby hears from the moment of birth, but there is strong evidence to suggest that the baby hears in the womb. The new born baby, despite his ability to hear sounds, does not associate what he hears with what he sees. He knows the world as a jumble of sensations and makes no distinction between what comes from outside of his body and what comes from inside. The newborn baby instinctively turns his head toward a sound, but within a few weeks he begins to associate what he hears with what he sees. This represents his first very tentative recognition that things do exist apart from his own sensations. By giving the baby experiences with things that both look interesting and sound interesting, we lay the groundwork for the association of sound and sight.

Even very young babies are aware of pain, pressure, and temperature change. The ability to identify objects by their feel is learned over time. In the beginning, the child is not aware that the rattle placed in his hand is an object. He knows the feeling he gets but he doesn't know that there is something giving him that feeling. When the rattle is taken away he doesn't miss it because for him it no longer exists. Nor does the infant make a distinction between what is a part of his body and what is outside his body. He doesn't distinguish between his mother's hand and his own hand. "Only

through experience will he learn the limits of his body, and become aware of his separateness." The parent who gives the infant a variety of experiences involving touch and feel helps the infant gain an understanding of things in his environment, and enables the baby to formulate an image of himself.

SOCIALIZING

From the moment of birth, babies are individuals -- differing from each other in many ways. A particular baby could be described on a continuum from quiet to restless, from contented to discontented, from easy to soothe to difficult to soothe, from predictable to erratic, from responsive to unresponsive, from an eager eater to a reluctant eater, from active to passive.

The baby who is happy and responsive most of the time inspires confidence in his parents, and gets the family off to a good start. The parents trust their own intuition, and baby trusts and loves his parents. This love and trust are the basis of later socialization, where the child will learn to please, then to imitate, and eventually to internalize his parents' values.

The restless and irritable baby, the baby who is not easily soothed by the nurturant behaviors of his parents, may be off to a rougher start. Often parents do not realize that babies are constitutionally different. Because their baby is not "as good" as the neighbor's, these parents may question their own adequacy as parents, and may keep trying new ways to right the problems. The baby may react to the inconsistency in his parent's behavior, and his irritability or lack of responsiveness may increase rather than lessen. The parents who recognize and accept their baby's special reaction patterns will manage these first rough weeks with a minimum of stress. They will find out special ways of quieting their baby -- perhaps swaddling or vigorous rocking, or perhaps just allowing the baby to fuss for a while until he falls asleep. Most important, they will not look on the baby's problem as a reflection of their own inadequacy as parents. The parents' confidence in their own ability to cope with baby minimizes the problems and emphasizes the opportunities.

Whether the baby is active or quiet, good or bad, every parent feels some mixture of emotions toward his child, particularly if it is a first baby.

The young mother, perhaps suffering from post partum blues, may find herself sliding into a mysterious depression, or getting snappish or unduly angry with other members of the family. The father on the other hand, despite his proud smile and his vows to the contrary, may think of the baby as an intruder, taking away not only a portion of his freedom, but also a portion of his wife's concern. As the new baby settles into the routines of the household, these first tensions disappear, and the stage is set for a mutually rewarding relationship between parents and baby. The baby learns that he can call his parents with his crying, and, by the time he is three weeks old, they can recognize the different cries he uses when he is hungry, tired, hurt, frightened, or uncomfortable. The baby learns that his parents can be trusted to meet his needs, and, somewhere around four weeks old, he rewards his parents with the most beautiful gift they will ever receive: his first smile.

SUGGESTED ACTIVITIES

MOTOR



PLACE BABY ON FIRM MAT

Place the baby on a firm mat (a crib mattress or play-pen mat is fine). This will give the baby a chance to practice kicking his legs and moving his arms. As long as he isn't cold, the less he wears the better.

CHANGE BABY'S POSITION IN CRIB

Place the baby in different positions in the crib when he is awake. Sometimes he can be on his stomach, sometimes on his back, sometimes in a carry-all. The baby will practice moving his arms and legs in different positions.

HANG TOYS ON SIDE OF CRIB

Hang toys first on one side of the crib and then on the other side. This will encourage the baby to turn his head.



PLACE A FINGER IN BABY'S PALM

Place your own finger or a rattle in the palm of the baby's hand. The baby will tighten his fingers around it.

SEEING, HEARING AND FEELING



USE BRIGHT PATTERNED SHEETS

Although we have traditionally used soft

pinks and pastel blues for the newborn infant babies are much more attracted to bright reds and yellows and gay designs. Use patterned sheets on the baby's crib, or bassinet or baby carriage.

SUSPEND A MOBILE OVER CRIB

Hang mobiles over crib - the more practice the baby has with seeing the better he becomes at it. Remember, the baby enjoys variety, so have the family make a few different mobiles so that you can change mobiles every few days.



MOVE A PENLIGHT BACK AND FORTH

Cover penlight with red or yellow cellophane. While the baby is on his back, move the light very slowly from side to side. At first the baby will look at it just for a second, but after a while he will follow it with his eyes.



WHISPER IN BABY'S EARS

Whisper first in one of the baby's ears, and then in the other. The baby will learn to connect a pleasant feel with a comforting sound.

PLAY A RADIO FOR BABY

Play a radio for short periods of time beside the crib.



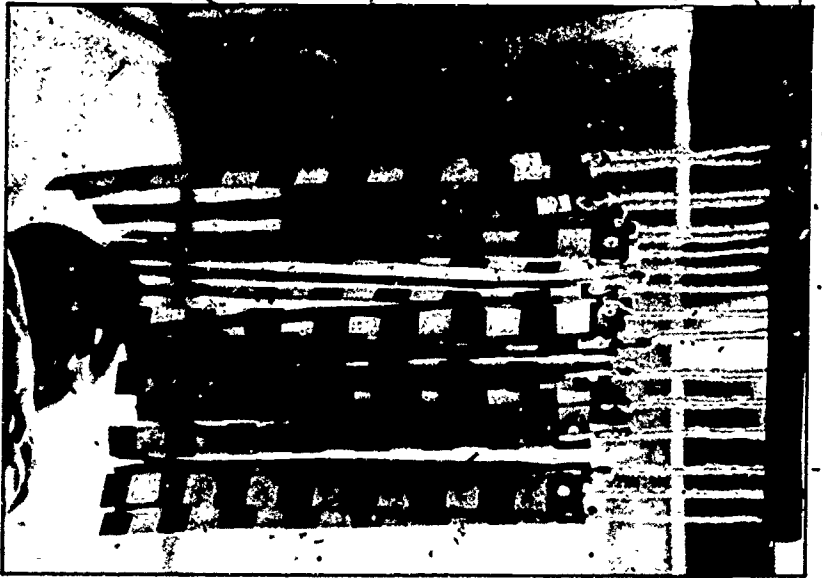
SHAKE A RATTLE NEAR BABY

Shake a rattle first on one side of the baby's head, then on the other. First shake it slowly - then vigorously. After a while, the baby will realize that the sound he hears comes from somewhere outside of himself. He will search with his eyes for the thing that is making the sound. (An aluminum juice can half filled with beans makes an excellent rattle.)



PLACE A SHADOW BOX NEAR BABY

Make a shadow box for your baby and hang it near the crib. He will enjoy watching the movement.



HANG UP A JAPANESE WIND CHIME

Make a Japanese wind chime. Hang it where the baby can both see and hear it. This will give the baby an early opportunity to connect a pleasant sound with a pretty sight.

SOCIALIZING

HAVE A GOOD TIME WITH BABY

Smile and laugh with the baby. A baby seems to be able to tell when you are having fun with him.

DON'T WORRY ABOUT SPOILING HIM

Respond quickly to your baby's needs. If you

give, a baby appropriate attention when he needs it, he will not ask for attention when he doesn't need it.

HANDLE BABY JUST ENOUGH

Judge how much handling your baby enjoys. Some babies get tense and irritable from too much handling. Most babies get dull and listless from too little handling.

KEEP MEALTIME HAPPY

Whether you breast feed or bottle feed your baby, feeding time should be happy and relaxing for both the baby and parent. It's a time for singing, talking and cuddling. And remember, your baby knows better than you when he has had enough to eat so don't push him to have a little more. Tension is catching and so is confidence.

TOYS TO MAKE

WIND-MOBILE

PURPOSE: Give baby early experiences with sight and sound.

MATERIALS: Plastic or cardboard tube, string, pointed scissors, thin ribbon, black and white heavy construction paper, non-toxic glue, hole puncher, hole reinforcers, ruler, small knife.

PROCEDURE:

1. Cut plastic or cardboard tube 8" long.
2. Punch 10 equally spaced holes in tube.
3. Turn the tube to a clear side and punch a hole 1/2" from the end. Do the same at the opposite end.
4. Glue 3/4" wide strips of white paper horizontally on black construction paper.
5. Cut out the black and white strips.
6. Punch a hole at the top of each strip. Reinforce the holes using the reinforcers.
7. Thread ribbon through the hole on end and tie knot.
8. Thread 14" pieces of string through each hole along the tube. Tie a knot on each side of the string to cover the holes.

9. Thread the other ends of the string through the holes in the black and white strips and knot.

PLAY: Hang mobile over baby's crib.

CORKBOARD

PURPOSE: Use as a new baby bulletin board for important numbers, appointments, formulas, or reminders.

MATERIALS: (CORKBOARD MAY BE BOUGHT PRE-MADE), 2' x 3' 1/8" plywood (or pegboard) 3' x 4', burlap, stapler.

PROCEDURE:

1. Place plywood or pegboard over burlap or cloth material with 6 inches of material extending past each side of board.
2. Fold each 6 inch flap over the board and tack with stapler.

SPIRAL SPOON



PURPOSE: Give baby practice seeing.

MATERIALS: Wooden spoon, non-toxic black paint, paintbrush.

PROCEDURE:

On back of wooden spoon, paint a spiral beginning on the outside and moving in toward the center.

SHADOW BOX

PURPOSE: Baby will learn to explore with his eyes.

MATERIALS: Shoe box, construction paper or non-toxic, paint, glue, thread, tape, artificial flowers and leaves.

PROCEDURE:

1. Line or paint inside of box.
2. Glue or tape artificial flowers and leaves on back and bottom of box.
3. Cut out aircraft. Color or cover.
4. Tie thread to aircraft. Hang in box.

1 MONTH



BABY'S VIEWPOINT

A one month old baby has lost his sleepy newborn look. He stays awake for short periods of time before and after feedings, and is likely to have a particular period during the day when he is somewhat restless and irritable. Many babies, during this period of restlessness, respond to cuddling, rocking, or rhythmic pattings on the back-side. Others will stop their crying and settle down if they are wrapped in a blanket or tucked snugly in a bassinet. A very active or restless baby may not respond to any of these techniques, and parents often resort to the old-fashioned remedy of letting baby "cry it out." For certain babies this works very well. After a period of crying, baby seems to have worked out his tensions, and settles down to a deep and peaceful sleep.

MOTOR SKILLS

The one month old appears more mature than the newborn in many different ways. He has probably lost many of the jerky, spasmodic movements of the newborn, and is moving his arms and legs in a much more rhythmic pattern. He has achieved better control of his head, and may be able to raise it up for a moment, when he is held against his parent's shoulder. Head control, however, is still far from perfect. The parent must continue to "cradle" baby's head in his hand when he lifts him out of the crib, or carries him around the room. Although month old babies do not usually move around, occasionally we will find an active month old baby who will "wriggle" up to a corner of his crib or even turn from stomach to back. With any month old baby you can't predict when he's going to make a sudden move. To be on the safe side, it's better not to leave even the tiniest baby by himself on a high place.

SEEING, HEARING AND FEELING

A one month old, baby can follow a moving object with his eyes, and can distinguish between something novel and something that he has seen before. All things being equal, he gazes at a novel object longer than a familiar object. If something comes into his view that is new and interesting

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enough, he will stop what he is doing just to look at it.

At one month old, baby is beginning to associate the things he hears and the things he sees. He becomes better at discovering where a sound comes from, and with a little practice he will be able to look up at his rattle as soon as he hears it tinkle. Baby can tell the difference between different kinds of sounds. Music quiets him, a loud noise startles him, and an interesting tinkle will hold his attention.

Baby is quite aware now of differences in texture. A gentle stroking with a soft fabric soothes him. A vigorous rubbing with a terry cloth awakens him, and gets him ready for play. When you tickle his arm with a feather, he reacts with a squirm or a smile. In a few more weeks he will realize what part of him is being tickled and will move his arm away.

SOCIALIZING

By the time baby is one month old, parents begin to really know their own baby, and are able to respond to his special needs. They have found out the position he enjoys being in for eating, the way he likes to be held, and the position he finds comfortable for sleeping. They can also distinguish his pain cry, his hunger cry, and the cry that means, "There is nothing really wrong—I'm just irritable and want to be cuddled." As parents learn to understand and interpret baby's signals, baby responds to their confidence and the household settles down.

The one-month-old baby is not ready yet for too much stimulation. When he is exposed to too much noise, too much light, too much jostling around, he cannot sort out all of the separate sensations. Overwhelmed by it all, he reacts with irritability, or tunes out everything and falls asleep. Although baby certainly is not ready to face a crowd, he does enjoy people. He will stare back at any face that looks down at him, and will return a smile with a smile. Inevitably, there is an argument over baby's first smile. Wasn't really a smile or was it just a gas pain? By about six weeks old most babies will smile genuinely at anything that has eyes.

PLUG UP ELECTRIC OUTLETS.

SUGGESTED ACTIVITIES

MOTOR



TALK TO BABY AS YOU HOLD HIM

Hold the baby upright in your arms with head resting on your shoulder. Talk to him. After a while he will pick up his head to listen, a first step in developing head control.



MOVE BABY'S LEGS UP AND DOWN

Turn the baby on his stomach. Move his legs up and down. After a while he will learn to hold his head up while kicking.

PLAY MUSIC WHILE BABY KICKS

Play music for the baby while he is lying on his back, kicking his legs. His kicks will become more rhythmic as he listens to the music and practices his kicking.

SOMETIMES PUT BABY ON HIS SIDE

Place the baby on his side on a flat surface. The baby will learn to make a half turn on his own.



PULL BABY'S ARM GENTLY

Place the baby at an angle in his carry crib. Put your fingers in his palm, and pull his arms toward you. (Take it easy and do not pull him up by his arms. When the baby is ready he will lift his head by himself.) This exercise will give him practice in grasping and will help develop muscles in his arms and neck.



MOVE BABY'S ARMS UP AND DOWN

With the baby lying on his back, lift his arms

gently up and down over his head, and then in and out. As he exercises, he will develop free arm movement.

SEEING, HEARING AND FEELING



MOVE PLATE PUPPET IN AND OUT

With the baby lying on his back, move a plate puppet in and out and back and forth making sure that the baby follows it with his eyes. After a while, the baby will not only follow the puppet with his eyes, but will greet it with a smile.



LET BABY WATCH A MOBILE

Hang a merry-go-round mobile over the baby's crib. Place it on one side for a few days and then change it to the other side. When you feel that the baby can focus on the

mobile for a few moments, place a mobile on each side of the crib. After a while the baby will learn to shift his gaze from one mobile to the other.

LET BABY LOOK AROUND

Use see-through crib bumpers. As the baby gets older he enjoys looking out.

GIVE BABY SOME FEEL EXPERIENCE

Rub the baby's arms and legs with different textured feel mittens silk, velvet, satin, wool, flannel, or terry cloth.

CHANGE POSITION OF THE CRIB

Move crib to different positions in the room. This gives the baby a change of scenery. Or let him sit in a carry-all for part of the day. He will enjoy seeing things from a different point of view.

SOCIALIZING



COVER BABY'S BOTTLE

If your baby is not breast feeding, place a flannel cover on his bottle and let him feel the bottle as he sucks.



USE A BRIGHT TOWEL AT FEEDING

Place a brightly colored towel or receiving blanket over your shoulder while feeding the baby.



RUB BABY'S FINGERS AND TOES

Rub fingers and toes one at a time. As we let

the baby experience a variety of sensations, we give him the opportunity to "feel out" his world.



BLOW ON BABY'S ARMS AND TUMMY

Blow warm breath on arms and tummy. As the baby focuses attention on different parts of his body he learns more about himself.



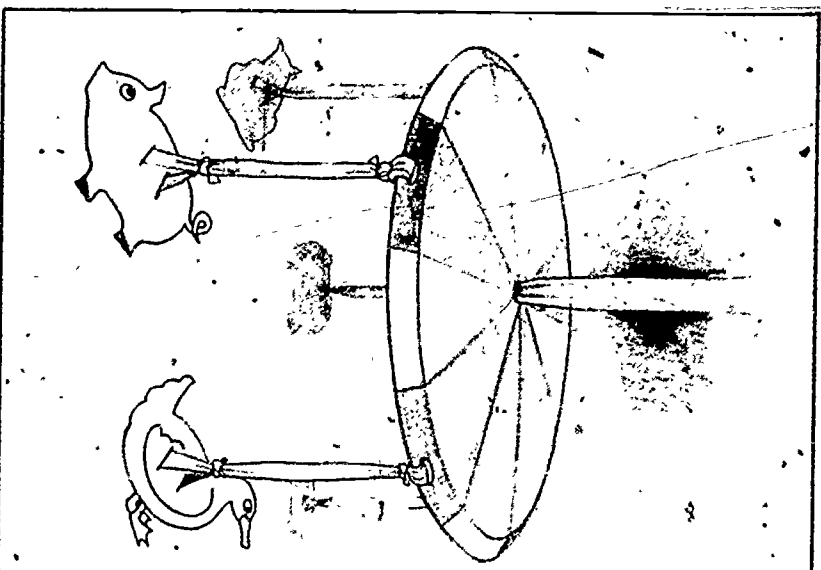
SING AND TALK TO BABY

Sing softly during feeding.

Speak to the baby in a high voice for soothing and a low voice for stimulating.

TOYS TO MAKE

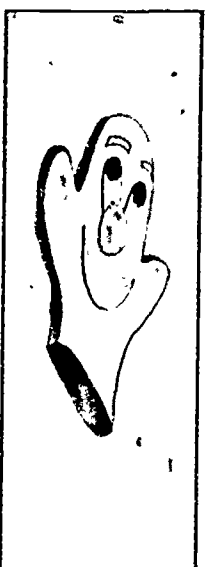
MERRY GO ROUND MOBILE



PURPOSE: Practice with visual exploration.
MATERIALS: Paper plate, yellow ribbon, tag board, yellow & red felt markers.

- PROCEDURE:**
1. Make red wedges on plate for canopy.
 2. Cut animals out of tagboard.
 3. Punch holes in rim of plate & center of animals.
 4. Cut the ribbons into 6" pieces.
 5. Run ribbon through rim-holes & fasten.
 6. Thread other end through an animal.
 7. Tie ribbon through the center of plate and hang over crib.

FEEL-MIT



PURPOSE: Give baby experience with feel and begin to establish an awareness of body
MATERIALS: Pinkish shears (or scissors), needle & thread, felt & flannel fabric.

- PROCEDURE:**
1. Hold hand flat on the fabric with fingers spread. Trace around it; about an inch away (not between fingers); cut out & sew together.
 2. Cut design from scraps.
 3. Turn the mit and sew on the design.
- FOR THE OLDER CHILD:** Make feel mits out of red, green and yellow and use as a traffic control game to help your child learn traffic signals.

PLATE PUPPETS



PURPOSE: Experience focusing on a face.
MATERIALS: Dowel, 2 paper plates, glue, crayons or indelible felt markers.

- PROCEDURES:**
1. Glue plates together under sides facing out.
 2. Cut wedge shape slices large enough for dowel to go through.
 3. Put dowel through holes as shown.
 4. Tape plate to dowel at lower side.
 5. Decorate the plate.

2 MONTHS



BABY'S VIEWPOINT

Compared to the newborn, the two-month old is quite sophisticated. He is no longer under the complete control of a set of built-in reflexes. Now he has become his own master, observing his world with fixed attention and modifying his behavior on the basis of what he observes.

At some time during the third month, your baby discovers his own hand. "He examines it very much as he would a new mobile... looking it up and down, inspecting the fingers, the thumb, the sleeve of his nightgown. Gradually, baby discovers that he can increase the fun of "hand-watching" by moving his hand around, another important discovery about himself.

By now, baby has learned to associate sight and sound. When he hears a noise, he will do more than just turn toward it. He will look for the thing that made the sound. Baby is just barely beginning to learn that there is a real world outside himself. He is learning that what he sees, hears, and feels are connected, and that there are things outside himself that give him sensations. But he still doesn't know that things exist in their own right apart from the sensations they give him.

MOTOR SKILLS

Compared to the newborn, the baby at two months old is quite sophisticated. No longer the slave of built-in reflexes, the baby has by now modified these reflexes to serve his own purposes. His sucking is no longer a trial and error groping after the nipple. It is an organized and directed effort. Put to his mother's breast, he places his head immediately in the appropriate position and goes about sucking with efficiency and gusto. He is also getting better at sucking things that don't give him nourishment, like hands and pacifiers. When the baby was a month old he would suck his hand if he happened to find it in his mouth. He seemed to have no awareness that the thing his mouth was sucking was also a part of him. Now, the baby brings his hand to his mouth in a quick and efficient maneuver. This purposeful placement of hand in mouth, of course, is not an all-at-once achievement. At first, baby gropes with both his hand and his mouth before he can get them together. Next, the baby learns to place his fist in his mouth

in one deliberate movement when his hand is resting near his mouth. The real moment of triumph comes when baby succeeds in bringing his fist to his mouth while lying on his back.

One of the outstanding changes parents notice in the first two months of life is a marked increase in their infant's ability to hold up his head. Around two months, most babies will lift their heads up when lying on their stomach. When you hold him upright, baby will lift his head off your shoulder for a few brief seconds. A strong baby may be able to support himself on his arms when lying on his stomach.

At two months old, baby also shows the very beginning of hand control. His hand is no longer held in a tight-fisted position with thumb tucked in. Baby now holds his hand open during most of his waking hours. He wiggles his thumb, opens and closes his fingers, and focuses his whole attention on watching one of his hands in action. It seems that baby is now aware that the hand he is looking at belongs to him, and that he can make it perform.

Arms and legs are much more active now. The baby's arms are extended above his head in play. His head and body twist from side to side. He moves his arms and legs up and down in a kind of rhythmic motion. Some babies, when lying on their stomachs, will begin to make crawling movements with their knees, using first one knee and then the other.

SEEING, HEARING AND FEELING

The baby now has become more sophisticated at taking in the world with his eyes. He is able to follow an object with his eyes when it is as much as 8-10 feet away. He is particularly adept at this if the "object" he is watching is swinging or fluttering or if it happens to be an older sister or brother. Some babies, by the end of the second month, have mastered the art of coordinating seeing and hearing. They associate a pleasant sound with a bell and, when they hear the tinkling, will turn to look for its source.

Hearing, like vision, becomes more sophisticated in the second month. Baby becomes attentive to sounds, even soft ones - the telephone ring, the window shade flopping, the sound of mommy's footsteps. When he first notices an inter-

esting sound, he gives it his full attention. His legs stop kicking, his arms stop waving, his eyes seek out its source. Then, as baby continues to listen, he resumes the active movement of arms and legs.

Now that baby keeps his hands open most of the time, he has more opportunity to learn about his world through the way things feel. He seems already to notice the difference between hard and soft, and enjoys the feeling of something soft placed in his hand.

SOCIALIZING

By the third month, baby has mastered the art of smiling, and will smile at anyone who bends over the crib. In fact, he smiles at anything that looks like a face. A Pinocchio puppet, a witch's mask, a plate with two eyes, will be greeted with the same smiling response. At about the same time baby learns to smile, he begins to make talking sounds. He will start by saying ah-ee-ee or eh-eh as a sort of experiment. Just as he kicks for the sheer joy of kicking and smiles for the sheer joy of smiling, he "talks" just because he can. If someone copies the sounds he makes he will make them again, and a kind of "conversation" begins.

Now baby needs adults for more than food and comfort. A propped up bottle is no substitute for a talking, laughing, singing, touching parent. Baby needs people to play with him and to respond to what he does. The parent who finds time to talk with, smile with, and coo back to baby during each of his waking periods is helping his baby develop important social skills.

SUGGESTED ACTIVITIES

MOTOR

MOVE BABY'S ARMS AS YOU SING

Move the baby's arms over his head and down again, one at a time, both together, and then alternately. Repeat with arms going out to the side. Sing-song this jingle:

*Little bird, little bird, fly about
First fly in and then fly out;
Start down low and go up high
Little bird, little bird, learn to fly.*

DON'T OVERDRESS YOUR BABY

When the baby begins an activity period make sure that his clothing is loose - the less he wears - the better. Remember that a baby is more active when he is a little cool.

MOVE BABY'S LEGS AS YOU SING

Place the baby on his back. Push his legs up to knee-bend position, one at a time and then both together. This helps the baby develop a sense of his own body, or "body image."

"Chug-chug-chug-chug

*Down the Street
Up and down go baby's feet.*

Chug-chug-chug-chug

*One two three
I love you
And you love me."*



LET BABY HEAR DIFFERENT SOUNDS

Give the baby an opportunity to hear different kinds of sounds. Tap the bottle with a spoon, ring a bell, crinkle paper, whistle. If you are careful to introduce him to just one sound at a time, you will find that he will pay attention to a new sound. The baby learns to listen through practice.

PLACE A TOY IN FRONT OF BABY

Place the baby on his stomach on a smooth, colorful mat for a portion of every day. (A piece of linoleum can work very well.) Put a large colorful toy like a stack of tin cans, or a clown doll, in front of him. Position the toy

so that the baby sees it best when he holds his head in the air. This will help the baby develop strength and body control.

SEEING, HEARING AND FEELING

LET-BABY SPLASH IN WARM WATER

Splash hands and feet in warm water. Pat dry with towel after bath. The baby learns about his world through his sense of feel.



LET BABY LISTEN TO SOUND CANS

Make sound cans for the baby to listen to. Sound cans first on one side of the crib and then the other. After a while your baby will learn to search for the can with his eyes when he hears the sound. A bright swinging ribbon attached to the can makes it easier for your baby to follow.



LET BABY WEAR A WRIST BAND

Make your baby a pair of hand bands. Sometimes put the right band on, sometimes the left, and sometimes both. As your baby moves his hands around in front of his eyes, he will discover how to manage his hands so that they stay where his eyes can watch them.

GIVE BABY NEW THINGS TO LOOK AT
Change the pictures on the wall by crib or feeding chair. (A pin-up board is ideal.)

GIVE BABY PRACTICE WITH SEEING

Make sure that your baby has something interesting to look at during all his waking hours.



STRING UP A CONVERTIBLE CRADLE GYM

String a cradle gym over his crib or cradle. Change the objects that are attached to the gym. Remember that the baby enjoys bright colors, interesting shapes and things that move easily.



LET BABY WATCH NIPPLE TOY

Make a "nipple" toy for your baby's crib. He will enjoy exploring the lines with his eyes.

LABEL ALL MEDICINES



LET BABY WATCH A HAND PUPPET

Move hand puppet up and down, back and forth, and around in a circle within the baby's line of vision. The more practice the baby has with using his eyes, the better he learns to see.

SOCIALIZING



LET BABY WATCH A FINGER PUPPET

Put a home-made puppet on your finger and let the baby watch it dance. The sillier looking the puppet, the more the baby seems to enjoy it.

SING AS YOU TAKE CARE OF BABY

Learn some little jingles to go along with different activities such as bathing, feeding, and exercising.

*"Splash splash splash, my little fish
Make a big splash if you wish
Splash the water all around
Listen to the splashing sound."*

LISTEN TO BABY THEN RESPOND

Imitate the sounds your baby makes. Listen for him to repeat the sound and then respond again. Make sure to look in the baby's eyes during these conversations.



SHOW BABY A PLATE PUPPET

Move a plate puppet back and forth in front of the baby. Show him the sad side and then the happy side. You will find that the baby loves to look at a face, and will soon begin to talk to it. The fact that the face keeps changing, keeps up the baby's interest.

PLAY RECORD FOR MEAL-TIME

Play a special record to signal feeding time. Before long, the baby will learn what the record means.

TAPE YOUR BABY'S SOUNDS

If you happen to have a tape recorder it's fun to use with the baby. Tape record the sounds your baby makes. Play back the tape to the baby. The sound of his own voice encourages the baby to keep up the talking.

TOYS TO MAKE

NIPPLE TOY

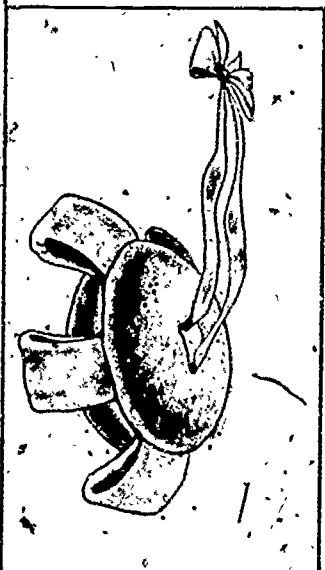
PURPOSE: Give baby practice in seeing.

MATERIALS: White paper plate, yellow ribbon, 1 1/2" red rug yarn, nipple, scissors, non-toxic glue.

PROCEDURE:

1. Cut a hole in the center of the plate.
2. Cut 4 pieces of 1/2" ribbon 18" long.
3. Cut four slits on the edge of the plate equal spacing apart.
4. Stick ends of ribbon into slits. Glue and tape to the inside of the plate.
5. Thread the other ends through the center hole.
6. Push nipple from the back side, through hole in the plate and pull ribbons tightly.
7. Beginning on the edge of the plate, make glue spiral to the center.
8. Beginning again at the edge, lay yarn on the blue spiral.
9. Let dry. Cut the yarn at 2 inch intervals and sew onto the plate with needle and thread for reinforcement.

FEEL BUG



PURPOSE: Baby associates sight and feel.
MATERIALS: Fabric, ribbon, felt marker.

PROCEDURE:

1. Cut out 2 circles of materials 6" in diameter.
2. Cut scraps into strips 6" long and 3" wide.
3. Fold each strip in half so it is 1 1/2" wide-sew.
4. Turn strips inside out.
5. Fold each strip so that it is 3" long.
6. Cut ribbon piece 8" long - sew in a loop on one felt circle.
7. Set circles together and sew strips around as legs.

8. Before sewing completely stuff bug body with foam.
9. When sewing is almost complete, stuff bug with foam or cloth scraps and complete sewing.
10. Draw face on side of bug opposite from ribbon loop.

PLAY: Hang from crib where baby can reach it.

FOR THE OLDER CHILD: Use as doll or refill with beans and use as a bean bag.

FINGER PUPPET

PURPOSE: Body awareness, social play.

MATERIALS: Odd glove, embroidery thread, wooden doll head or bottle top, glue.

PROCEDURE:

1. Sew eyes, nose and mouth on bottle top or glue wool on doll's head.
2. Attach head or bottle top to finger tip of glove.

FOR THE OLDER CHILD: Make story book characters by rolling letter weight paper into a cone, drawing on faces, and attaching to glove with strong thread.

WRIST BANDS

PURPOSE: Development of body awareness.

MATERIALS: Child's socks (preferably striped band), needle and thread, red felt scraps, black felt marker, scissors.

PROCEDURE:

1. Cut the top off child's sock.
 2. Cut four little circles for faces.
 3. Make smiling faces using felt marker.
 4. Sew faces around the band of the sock.
- PLAY:** Place bands on first one hand and then the other. Place bands on alternate feet as well.

SOUND CANS

PURPOSE: Give baby experiences that lead to association of sight and sound.

MATERIALS: Juice cans with plastic lids, Large (giant-sized) wooden beads, Large thread spools, felt cloth, tape, non-toxic glue.

PROCEDURE:

1. Cover cans with felt or decorator tape.
2. Place beads and spools in cans. Tape on lid.

3 MONTHS



BABY'S VIEWPOINT

The fourth month is exciting for baby and parent alike. As the infant spends more and more time awake each day, he has more time and energy to explore his surroundings actively. His eyes catch sight of the mobile hanging over his crib. He looks from right to left, then from left to right, and examining each piece. If his father moves a rattle across the crib, he follows it intently with his eyes. When it disappears from sight, baby continues to stare at the place where it was. Is baby registering surprise, because it disappeared, or does he believe that looking will bring the rattle back?

Baby's favorite toy at this time is himself. He seems to be constantly trying to discover what he is, where he is, and what he feels like. His fingers explore his eyes, nose, mouth and chin. He rubs his hand along his cheeks, patting, pinching and sometimes scratching. Many babies at this age will join their hands together and let each hand take a turn playing with the other.

MOTOR SKILLS

Differences in rates of development, particularly in the motor area, are very evident during the fourth month. While an active baby may already be turning from back to stomach, babies limit their motor activity to energetic bicycle movements with legs and arms. Sometime during the fourth month, most babies will bat at a cradle gym if it is strung over their crib. This batting activity follows a regular pattern. Baby bats at the gym, stops and then resumes his batting with increasing vigor. Piaget, a Swiss psychologist who has studied infant behavior, would insist that the first time the baby bats at the gym, it is accidental. But when he hits it, the gym moves up and down in an interesting way. The baby bats some more trying to make this interesting event happen again. In this effort to make something interesting happen again, we see the baby's first purposeful behavior.

SEEING, HEARING AND FEELING

During the fourth month, baby shows an increased interest in his own hands and anything that they happen to be holding. He will lie awake on

his back staring intensely first at one hand and then the other. If you place a rattle in his hand he will inspect it with his eyes before bringing it up to his mouth for further exploration. Baby is, really beginning, too, to recognize familiar objects. Just a few weeks ago he continued to cry with hunger until the nipple was in his mouth. Now, as soon as he sees the bottle, he reacts. His crying may stop or it may get louder. In a sense, baby is attaching a meaning to a "visual stimulus." The bottle he is looking at is more than a sensation. It represents comfort or the end of his hunger pangs.

Association between sight and sound is now well established. Baby turns his head toward the sound of his mother's voice. A jingling rattle attracts his attention, and he will turn his head completely around in order to keep it in sight. He particularly enjoys musical toys, radio, records, or even the beat of a metronome. He will turn toward the thing that makes noise even when it isn't moving.

With his hand open most of the time now, baby uses his fingers for active exploration. The soft border of the blanket slips between his fingers and he rubs his thumb up and down to continue the pleasant sensation. He tells the difference now between rough and smooth, and will prefer satin to muslin, silk to corduroy.

SOCIALIZING

By the fourth month, the infant has become quite a social little being. His response to attention, his delight with imitative play, his active vocalizations, are all signs of a need and readiness for social interaction.

Communication between parent and child takes place in a very real sense during this fourth month of life. Mother can now identify her own baby's cry, and can interpret a whole range of sounds that baby makes--the whimper of hunger, a scream of pain, the laugh of delight, the gurgling of vocal play.

By now, too, baby is beginning to show a real interest in what is happening beyond his body. When his rattle is taken away or the bell stops ringing, baby continues to look at the spot where it was. It is as if baby can recognize that there really is a world out there that he somehow has to sort out.

SUGGESTED ACTIVITIES

MOTOR



PUSH ON BABY'S FEET

Place the baby on his stomach on a hard surface. Standing behind him, place the palms of your hands against the soles of his feet. The baby will ease himself forward by pushing first against one of your hands and then the other. Practice with this pushing exercise will get the baby ready to crawl on his own. (If the baby is already crawling on his own, encourage him to do more by placing him on a slippery surface with toys just out of his reach.)



STRING BEADS IN PLAYPEN

The playpen is an ideal spot for an infant during the fourth month. String a colorful wooden bead or spool necklace across the playpen so that the baby's batting and

kicking will produce a noise. (A cradle gym can also be strung between two chairs, if you don't have a playpen.)



PLAY A SIT-UP GAME

Pull the baby up gently and slowly by his arms in a "see-saw" game. Here's a chant to use with the game:

*Up my little bundle comes
Down my bundle goes,
Peek around, have you found
Baby's wiggly toes.*

This game strengthens the baby's stomach muscles and at the same time lets him see the world from different points of view.



GIVE BABY A CRADLE GYM

The most effective cradle gym jingles and spins when the baby hits it. Position the baby so that he can activate the cradle gym with his arms and then with his feet. A face hanging from the cradle gym makes the batting even more fun.

SEEING, HEARING AND FEELING



INTRODUCE SOME RHYTHMS

Using a clapper, clapper, play different rhythms for the baby. After a while he will recognize a marked change in rhythm.

PLACE BABY UNDER A TREE

Place the baby under a tree. He enjoys listening to the rustle of leaves, and watching the play of light and shadow as the leaves move with the wind.



LET BABY WATCH MOBILE MOVE

Place the crib in front of an open window so that the wind moves a mobile creating movement, rustling and shadow.



PUT RATTLE IN BABY'S HANDS

Place a rattle in the baby's hand as he lies on his back. Even though the baby may not be able yet to grasp the rattle on his own, he enjoys looking at it once it is in his hand.



GIVE BABY A FEEL GLOVE

Put on a finger glove made out of different textured materials. The baby will learn to recognize differences in feel as he rubs your fingers.

SOCIALIZING



TALK TO BABY

Carry on conversations with the baby at every opportunity. Use different tones of voice.

high, low, loud, soft, giggling, laughing, soothing. When the baby "talks" to you, wait until his "sentence" is over and then imitate his sounds. The more you talk with the baby, the more babbling he will do.

Call the baby by name. Substitute his name for "baby" when reciting rhymes.



LET BABY LOOK AROUND

Lift the baby up and down in your arms so that he can watch your face from different perspectives first he looks up and then down.



PLAY WITH BABY'S LEGS

Lift up the baby's legs and then let them fall as you recite:

*Hippety Hippety Hippety-Hop
Hippety-Hip and then we flop.*

TEACH BABY ABOUT HIMSELF

Play a "wiggle" game with the baby using these rhymes.

*Where is baby's nose?
Where are baby's eyes?*

*Touch the part that blows
Now touch the part that cries.*

*Good morning, Mr. Thumb-O
How do you feel today?*

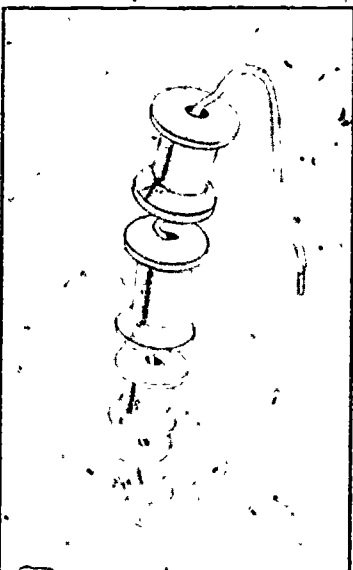
*Jump around and take a bow
Then run, run, run away.*

*Good morning, Finger One-O
How do you feel today?
Jump around and take a bow
Then run, run, run away.*

Good morning, Mr. Toe One-O"

TOYS TO MAKE

WOODEN SPOOL NECKLACE



PURPOSE: Give baby practice in reaching and manipulating.

MATERIALS: Spools, non-toxic paints, and shoelaces.

PROCEDURE:
1. Paint the spools in bright colors. Tie two shoe laces and thread the spools onto the shoelaces. Tie the necklace across the baby's bed.
FOR THE OLDER CHILD: A necklace is simple to make. Let the older children help.

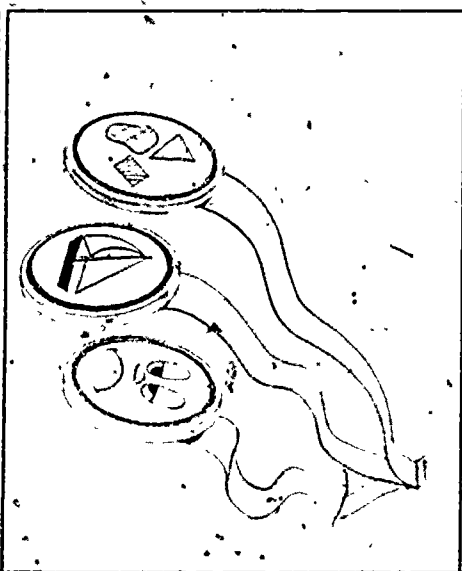
TEXTURED GLOVE

PURPOSE: Give baby experience with different kinds of texture.

MATERIALS: Glove, fabric scraps (felt, fur, silk, burlap, corduroy), needle and thread.

PROCEDURE:
Cut and sew a piece of fabric to the outside of each of the fingers of the glove.
PLAY: Let your baby grasp each of your fingers.

DAPPER CLAPPER



PURPOSE: Help baby associate sight and sound with hand batting.

MATERIALS: Gro-grain ribbon, small juice can lids, heavy paper or light cardboard.

PROCEDURE:
1. Cut ribbon in 3 equal lengths.
2. Sew one end of all 3 pieces together. Firmly tape the other end to the can lid.
4. Cut out paper circles for each lid.
5. Draw faces on the paper circles.
6. Glue circles into the lids.

PLAY: Hang the dapper clapper on a string over the baby where he can bat at it to hear for the sound and see the movement.

FOR THE OLDER CHILD: Dapper clapper can be used as noise makers or castanets for birthday parties.

4 MONTHS



BABY'S VIEWPOINT

For most babies, the major milestone of the fifth month is a new-found ability to reach out and grasp. This important learning allows the baby to manipulate the objects in his world. He can get the things he wants and he can make things happen. By the end of the fourth month, baby is quite good at reaching up and batting the "gym" string over his playpen. One day, while he is batting, his hand happens to grasp onto the ring of the gym. The result is exciting. The gym rattles and the toys attached to it jump up and down. Baby is all eyes and ears. Then, while his attention is focused on the toys, his hand opens up and the ring slips out. Baby wants to play the game again. He reaches toward the ring, but it slips out of his hand. Baby persists. Sometimes he closes his hand too soon, sometimes too late, but eventually he succeeds in capturing the ring. By practicing this game over and over, baby becomes quite skillful. Soon he learns to aim straight for the ring and grasp it with a single try. With just a little more practice, he will learn to grasp a whole new set of things -- a rattle, a bottle, the string of beads on Mother's neck, the glasses on Daddy's nose. As the baby learns new ways of controlling the objects around him, he develops his very first notions of space, time and causality.

MOTOR SKILLS

For many babies, the fifth month marks the beginning of mobility. Some babies learn to crawl, stomach down, pulling along with their arms, bringing their legs up in a frog-like position, and pushing forward with their feet. Other babies edge forward by pulling with only their arms. Often a baby will learn to crawl backwards before he manages to crawl forward.

Many babies can roll now from stomach-to-back. Some babies can also manage a back-to-stomach roll. The baby now sits up quite successfully when propped on pillows, and may even take some tentative steps when held up. Contrary to popular belief, standing a baby on his feet before he can successfully bear his weight does not produce a bow-legged baby.

Babies' hands are now busy reaching and grasping. As long as the baby is able to see both his

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hand and the object at the same time, he is able to grasp at just about anything he sees. This grasp, however, is quite crude. The thumb is not yet an "independent agent." Baby holds an object by pressing his fingers against the palm of his hand. An object lying on a table is "scooped" up rather than picked up.

SEEING, HEARING AND FEELING

An unbreakable mirror hanging from a cradle gym or attached to the side of his crib is very exciting for the four-month-old. He is now able to recognize his own image in the mirror and smiles when he sees himself.

Baby's main means of exploring objects is with his mouth. He mouths an object as soon as he grasps it. Seeing, grasping, and mouthing seem to happen in rapid succession. After awhile he will add visual inspection to this routine. He will look at the object he has grasped before bringing it to his mouth.

By the end of the fourth month, baby seems to devote most of his energy to exploring with hands, mouthing things that he looked at and listened to more passively at an earlier age. When Mommy leans over to speak, he tries to grasp her lips as if to physically capture her words.

SOCIALIZING

At four months old, babies are delighted with visitors and welcome a stranger with the same enthusiasm as they do a parent or sibling. As a matter of fact, they are delighted with faces in just about any form. The scariest looking mask or the oddest looking puppet are delightful playmates from the baby's point of view.

Babbling reaches a high point during the fourth month. Baby's repertoire of sounds undergoes a rapid expansion. He masters most of the vowel sounds as well as a few of the consonants. Although the four-month-old may carry on a fine conversation with a bird mobile or a bright colored rattle, he seems most enthusiastic when faced with a responsive audience. Mommy imitates his babbling sounds and baby's babbling increases in volume and intensity. A surprise response from Mom or Dad will initiate a chuckle and sometimes even a belly laugh. The four-month-old baby with his constant babble

and ready laugh is usually easy to live with and fun to take on visits.

SUGGESTED ACTIVITIES

MOTOR



LET BABY HOLD DIFFERENT TOYS

Give him different kinds of toys to hold. Let him grasp a bean bag, for instance, so that he will learn to adjust his grasp according to the toy he is holding.

PLACE PILLOW UNDER HIS TUMMY

Place a small pillow under the baby's tummy while he is on a rug. This will strengthen neck and arm muscles.

PUT BABY ON FLAT SURFACE

Let the baby play on a firm, flat surface wearing only a diaper. Free from the restrictions of clothing and covers, he is able to perform his finest gymnastics.

GIVE BABY PRACTICE GRASPING

Now that the baby is learning to grasp, give him lots of opportunities to practice. Hand him a rattle from one side and then the other.

Hold it close to him and then make him reach for it.



PLACE A FACE SOCK ON BABY

Put sock puppets on the baby's feet. At first the baby will just look at his feet, but after a while, he will succeed in catching a foot - a very important "conquest" in his young life.



GIVE BABY SOME "ROUGH-HOUSING"

Mild rough-housing is very much in order now. Hold the baby at the waist raise him in

the air, jostle him up and down, then hold him upright in a standing position.



PLACE TOYS OUT OF REACH

"If your baby has learned to move by squirming or crawling, place toys just out of his reach. He'll love the toy even more when he has to work to get it.



BABY LIKES BEING PROPPED UP AT TIMES

Keep the baby propped in a sitting position for part of every day. A baby bounce chair or carry-all can be used for this purpose. The world looks new and different to the baby when he sees it from a different angle.

GIVE BABY TOYS TO GRASP

Give the baby a bear bag or a feel wheel to play with. It will give him practice with reaching and grasping.

SEEING, HEARING AND FEELING



LET BABY REACH HIS CUP CLAPPER

Make the baby a cup clapper and place it on the floor just out of reach. The baby will enjoy watching the spools spin as he makes the clapper roll.



CHANGE TOYS ON CRADLE GYM

Keep a cradle gym over his playpen. Make sure that the rings on the gym are adjusted to a height that will allow him to grasp them easily. Attach sound markers to the gym so that the baby will be rewarded with different sounds when he succeeds in grasping the ring.



HIDE A SQUEAK TOY

Place a soft squeak toy under the sheet. Hit it with the baby's hand so that it makes a squeak sound. The baby will soon learn to squeak the toy by himself.

PLAY A GAME OF PEEK-A-BOO

Play peek-a-boo with the baby. Try placing your hands over your eyes, then over the baby's eyes. Place a blanket over your head and come out with a "boo". The baby will enjoy all variations of the game.

WHEEL TOY DOWN A HILL

Build a cardboard "hill" in the baby's playpen. Let the baby watch a wheel toy slide down the hill. Before the baby can really understand cause and effect, he needs to have many different experiences with cause and effect "at work."

LET BABY PRACTICE HIS GRASPING

Hold out a colorful rattle for the baby to grasp. First let him grasp with one hand and then with the other. Allow the baby to reach the rattle at different heights and from different positions. As the baby practices his grasping, he gets better and better at coordinating hands and eyes.

SOCIALIZING



MOVE HANDS UP AND DOWN

Move the baby's hands up and down - In and out, as you recite this jingle.

*Up-up-up
My baby goes
Reach way up
And touch my nose*

*Down-down-down
My baby goes
Reach way down
And touch your toes*

USE TAPE RECORDER WITH BABY

Tape-record the baby's babbling and play it back to him. Tape-record Mommy's and Daddy's voice, and play this back as well. See how your baby reacts when your voice comes from the tape recorder instead of from your mouth.

TOYS TO MAKE

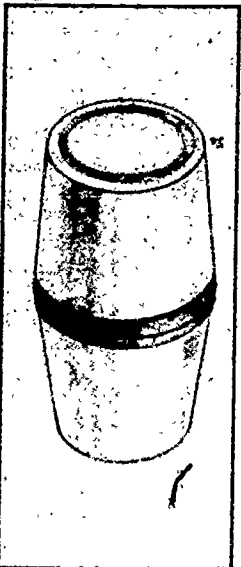
BEAN BAG

PURPOSE: Practice in reaching and grasping.
MATERIALS: Fabric, thread, beans.

PROCEDURE:

1. Cut two pieces of fabric according to pattern.
2. Sew on eyes with embroidery thread.
3. Sew two pieces together leaving small opening.
4. Insert beans and finish sewing.

CUP CLACKER



PURPOSE: Give baby a chance to discover that he can make an interesting sound.

MATERIALS: Two plastic cups, tape, spool.

PROCEDURE:

1. Place the spool in the cups.
2. Tape the two cups together.
3. Decorate with tape.

FOOT SOCK



PURPOSE: Encourage foot-play.

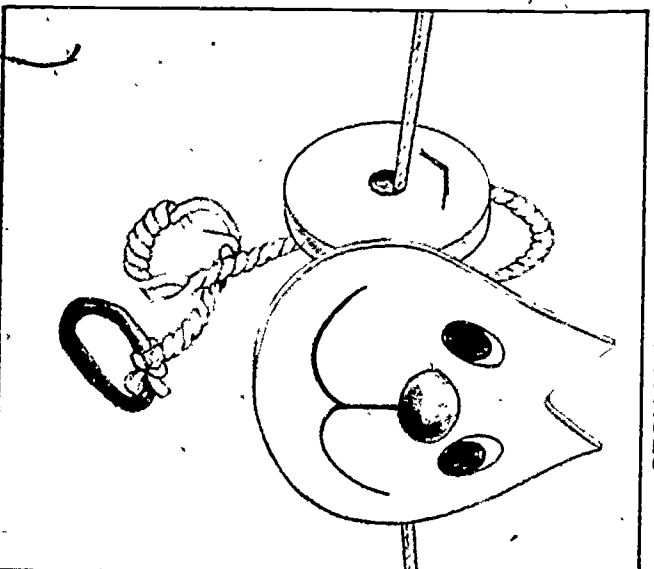
MATERIALS: Odd socks (preferably different colors), felt scraps, needle and thread.

PROCEDURE:

1. Cut eyes, nose, mouth from felt.
2. Sew on eyes, nose and mouth. Be sure to sew eyes at the toe end of socks.

PLAY: When baby first "discovers" his toes, put on face socks to encourage foot play.

CRADLE GYM WITH FACES



PURPOSE: To give the baby practice in visually directed grasp.

MATERIALS: Cord or yarn, spools, tape, pipe cleaners, construction paper, light cardboard, indelible markers, curtain rings.

PROCEDURES:

1. Cut cord or yarn to length of crib and attach curtain ring to one end. If yarn is used, use triple thickness.
2. Make small "1" by 2" face out of cardboard and attach to spool.
3. On opposite side of spool attach piece of yarn.
4. Make pipe cleaner ring and cover with cloth tape.
5. Attach to yarn on spool. Decorate spool and thread it onto cord. Knot cord below place that you want spool to remain.
6. Make one or more spools with different decoration and place them on cord.
7. Attach another curtain ring to other end of cord.

5 MONTHS



BABY'S VIEWPOINT

Baby keeps his hands busy all the time during most of his waking hours. His reach and grasp are now under his complete control. He can not only scoop up a rattle or a ring, but can also release it at will. If a toy happens to be out of his reach, he looks at the toy and opens and closes his hand in a kind of abbreviated, almost symbolic, movement. It is as if the rattle by now has developed a special meaning. "A rattle is something to grasp, to hold, and to shake." The baby is trying to make sense out of his world. He has learned to define the things around him by what he can do to them.

Baby seems to realize now that there are two sides to his body. Some babies are able to hold a toy in one hand, transfer it to the other, and then change back again. As baby looks from one hand to the other, or passes a rattle from hand to hand he seems to be just as interested in what his hands are doing as he is in the toy itself.

MOTOR SKILLS

At five months, motor skills may be developing rapidly. Although the pace is different for different youngsters, many babies at five months old will be crawling around the room, making their first attempts to sit up, kicking their legs rapidly when placed on their stomachs in the bath, rocking, and swaying back and forth in their cribs. It is important to realize that the baby who has not achieved these motor feats at five months old is not in any way less capable. First, babies mature at different rates. Second, babies have different styles of learning and different ways of dealing with their world. The baby who is unable to move off a mat in the middle of the floor may be taking in the whole scene with his eyes.

Most babies by now have become quite adept at reaching and grasping. This feat can be performed with one hand and then the other. Most babies have also learned to rotate their wrists in order to inspect the object they have grasped. This wrist rotation, combined with a new ability to use his thumb, makes it easier for baby to pick up small objects and even hold a spoon.

A jump chair is very popular with many five month old babies. Baby loves to push against the

floor with his feet and bounce himself up and down. Make sure that the jump chair you use is strong, and well-balanced. A robust baby in an active moment, can tip his jump chair over.

SEEING, HEARING AND FEELING

"Seeing" plays a much more important role now in baby's play than it did at an earlier age. At first, baby grasped because he wanted something exciting to happen again. Next, he used this grasping skill to get objects into his mouth where he can explore their taste and feel. Now, at five months old, baby appears to be grasping in order to see. The rattle in his hand is twisted, turned and carefully inspected before it finds its way into his mouth.

As baby takes visual stock of his environment he devotes particular attention to following the movements of his mother. When mother steps out of the room, baby continues to gaze for a long time at the spot where mother was. As she steps back into the room he follows every movement with his eyes.

At five months old, the baby will not only turn his head toward a sound, but will follow a sound in a darkened room. He is particularly sensitive to the sound of footsteps and becomes alert and attentive when somebody enters the room. He loves to listen to music and often becomes more active when the music is rhythmic and lively.

By the sixth month, bath time may become one of the highlights of the day. Most babies by now have discovered how to splash and will start a splashing game as soon as they get in the water. This game usually involves bating the water with both hands. When he is really going at it, baby will splash water in his own face and eyes, scream with surprise, and then go back to his splashing. He seems to be trying to find out whether his splashing has something to do with the water that gets in his face.

**KEEP MEDICINE AND CLEANING
SUPPLIES OUT OF REACH**

SOCIALIZING

Baby has now mastered many of his consonant sounds, including Ma-Ma, Da-Da, and possibly Na Na. Interestingly enough, he almost never utters a single syllable: It is never just Ma, but always Ma-Ma, or Ma-Ma-Ma-Ma. When baby makes a meaningful sound such as Ma-Ma or Da-Da, his parents and brothers and sisters inevitably catch it and repeat it, showing their obvious delight. Baby responds to their enthusiasm by repeating those syllables over and over again. It is this sort of "reinforcement" that eventually turns babbling into talking.

Although the five-month-old baby does not associate meaning with his babbles, even when they sound like words, he does learn to use language for his own purposes. He finds ways of calling his Mommy into the room and ways of bringing her back when she starts to turn away. By responding to baby's call, Mother is teaching her baby the power of language.

SUGGESTED ACTIVITIES

MOTOR



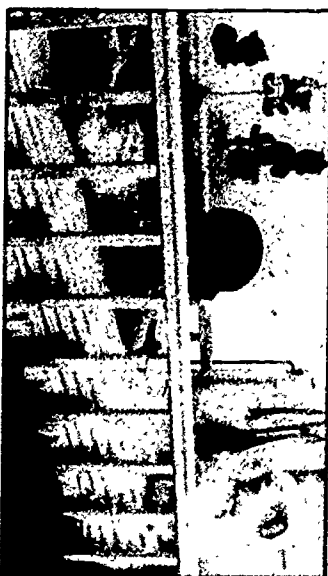
PLAY "HOW BIG IS THE BABY?"

Play "How big is the baby - so big!" pulling the baby's arms high over his head. If you play this game often enough, the baby will learn to associate the game with the words.

GIVE BABY A CUP

Allow the baby to hold a cup. Some babies enjoy drinking from a cup at five months. At

first put just a drop of water or juice inside, and expect that it will spill.



MAKE BABY A SLIDE

Create a hill for the baby to slide down or roll down by elevating one end of a mattress or linoleum strip. The baby enjoys the feeling of movement and at the same time gains balance and control.



ATTACH RINGS TO CRIB HEAD

Attach rings to the head of the crib. The baby will learn to grasp the rings and pull himself forward.

TAKE MOBILES DOWN

Take down mobiles that are not within the baby's reach. The baby needs to manipulate everything now and is frustrated when he sees something exciting that he can't reach.

PLACE BABY ON CARPET

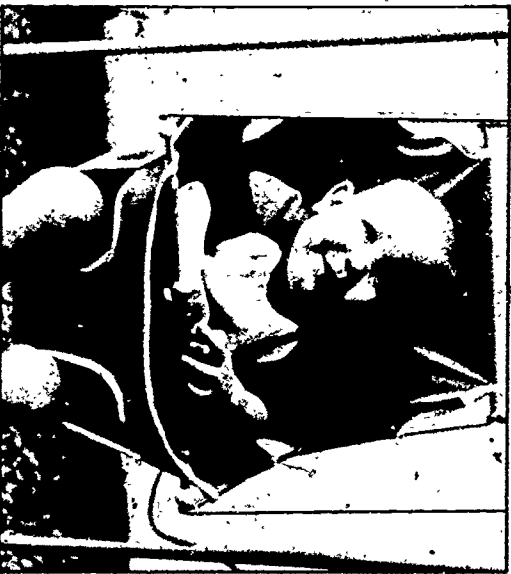
Place the baby on a carpeted floor for a portion of the day, with a favorite toy just out

of reach. The carpet provides traction so that the baby can begin to balance on his knees in a creeping position.



GIVE BABY A SHINY PAN

Give the baby a large shiny pan he can see himself in. Let him pat it, roll it, bang it. The baby loves to play with Mommy and Daddy's "toys."



USE A BOUNCE CHAIR OR SWING

Let the baby spend a part of his day in a bounce chair or swing. He loves the feeling of motion, particularly when he is the one to produce it.

HAND TOYS TO ALTERNATE HANDS
Hand the baby a toy, first to one hand and then to the other. Soon, the baby will learn to transfer the toy from one hand to the other.

COVER UP PART OF BOTTLE

Cover up a part of the baby's bottle when you bring it to him. See if he can still recognize it.

PLACE A MERRY-GO-ROUND IN CRIB

Place a merry-go-round toy on the baby's crib. As he discovers that a good pull makes the merry-go-round spin, he will want to pull it over and over again.

SEEING, HEARING AND FEELING



KEEP SEVERAL TOYS IN CRIB

Keep a collection of small toys in the crib with the baby - rattles, rubber balls, rubber squeeze toys and rag dolls are particularly good. The baby will learn to tell his toys apart, and even choose a favorite toy or recognize a new toy that has been placed in his crib.

PLAY BALL BOUNCE GAMES

Bounce a large ball up and down while the baby is watching. He will get better and better at following the bounce with his eyes.

PUT FINGER GLOVE ON MOTHER
Put finger glove on mother's hand. The baby loves to explore his mother's fingers.

SOCIALIZING



HOLD BABY IN FRONT OF MIRROR

Hold the baby up in front of a full length mirror. Give him an opportunity to observe and respond to his own image. Point out Mommy and Baby in the mirror.

NAME/PARTS OF BABY'S BODY

Name the parts of the baby's body during bath time, or make up little rhymes about eyes, nose and mouth. Try out this rhyme on baby:

*Here is baby's eyes,
Here is baby's nose,
Touch the part that sees,
Touch the part that blows!*



SHOW BABY A HORSE PUPPET

Place a horse puppet on your finger and

move it up and down. Your baby will enjoy trying to catch the horse.

WHISPER TO BABY

Whisper to the baby. The more ways you can find to communicate with the baby, the better you know each other.

ROCK BABY

Sing "rock-a-bye baby" to your baby, rocking him vigorously as you do.



PUT A BOAT IN BATH

Placing a boat in the bath with your baby will make bath time even more fun.

HOLD ARMS OUT TOWARD BABY

Hold out your arms toward the baby when you go to pick him up. After a while, the baby will stretch his arms out to you.

CARRY BABY PAPOOSE-STYLE

Carry the baby on your back (papoose-style), while you are doing household chores.

LET BABY SEE YOUR FACE

Baby slings that attach in the front are better for taking him out, because he can see your face when you talk to him.

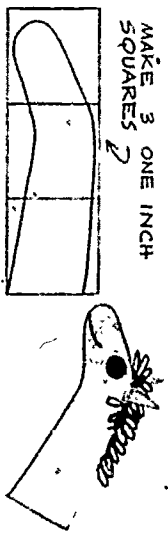
GIVE BABY HIS OWN SPOON

Give the baby his own spoon during feeding time. Your baby will be less likely to go after yours. But don't expect him to feed himself yet. Just holding on to the spoon is an accomplishment in itself.

TOYS TO MAKE

HORSE PUPPET

MAKE 3 ONE INCH SQUARES 2



PURPOSE: Language development, visual stimulation.

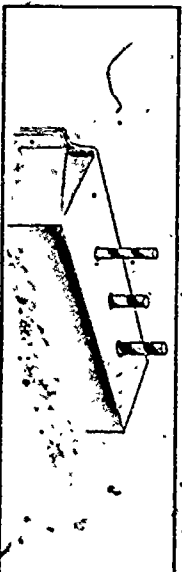
MATERIALS: Felt scraps, heavy thread.

PROCEDURE:

1. Use pattern to cut 2 sides of head.
 2. Sew eyes on each side with black thread.
 3. Sew the two pieces together.
 4. Use a loop stitch for mouth and mane.
- PLAY:** Make horse dance for baby. When baby is older put the horse on his finger.

FOR THE OLDER CHILD: Make a puppet stage out of a box by standing it on end. Make a hole in the back of the box for child's arms to go through. With an animal puppet on each forefinger, the older child can put on a one man puppet show.

BATH BOAT



PURPOSE: Looking and reaching in the bathtub.

MATERIALS: Pint size milk carton, straw.

PROCEDURE:

1. Wash carton, close top portion.
2. Punch three holes in one side only.
3. Cut straw in pieces and set in holes as "smoke stacks".

FOR THE OLDER CHILD: The older child can make different kinds of boats, barges, sail boats, and row boats.

FINGER GLOVE



PURPOSE: Different feel sensations, practice with grasping.

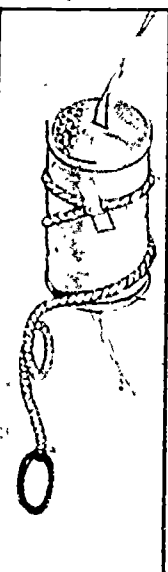
MATERIALS: Odd glove, different fabrics.

PROCEDURE:

Sew different fabric pieces on each finger of glove.

PLAY: Place glove on your own hand. Let baby grasp each of your fingers in turn.

MERRY-GO-ROUND



PURPOSE: Practice with grasp and release.

MATERIALS: 1/2 gal. frozen juice can with top, 2 ea. plastic margarine tubs, bells or dry cereal, yarn, 1/2" wide elastic, pipe cleaner.

PROCEDURE:

1. Poke 1/2" slits in top and bottom of can.
 2. Cut elastic to desired length and thread it through the slits.
 3. Put a bell or dry cereal in the juice can and tape top firmly shut.
 4. Cut holes in bottom so that tub will fit snugly around juice can.
 5. Place tub on juice can so that the widest part of the tub is facing out, and the lids just touch the ends of the juice can.
 6. Cut 1/2" slit in the tub lid and thread elastic through the slits.
 7. Place cereal in tubs and put lids on.
 8. Tie the yarn around can, tape.
 9. Wrap yarn around can 2-4 times leaving a piece long enough to teach baby.
 10. Make pipe cleaner ring. Tape ring for safety and tie to end of the yarn.
- PLAY:** As baby pulls and releases the ring the plate will spin. The ends of elastic to crib.

6 MONTHS



BABY'S VIEWPOINT

The parents of a six months old may notice a sudden and somewhat dramatic change in baby's personality. Their nice, outgoing baby, has become wary of new people. When grandma comes to the house for a visit, instead of greeting her with the usual broad smile, he screams in outrage.

Why does this sudden change take place? Has baby really lost his pleasant disposition? Actually, baby is just demonstrating the fact that he is growing up. He can tell the difference between a familiar face and an unfamiliar one. The familiar face belongs to someone whom he knows well. It represents safety, comfort, and pleasure.

Once baby has gotten used to a new visitor he is apt to be a very good entertainer. The sixth month old seems to be aware of himself and his effect on other people. He will act silly or play the clown and get even sillier when his antics produce a laugh.

MOTOR SKILLS

At six months, many babies have learned to sit up by themselves, with their hands planted firmly on the floor in front of them to help them hold their balance. When sitting in a bouncer, most babies can put their feet on the floor and stand themselves up. Remember the active baby may need to have his bouncer chair weighted or anchored down so he won't tip over.

Babies at this age may try out different ways of getting around. Some babies are creeping quite well on their hands and knees, some squirm along on their buttocks in a sitting position, some do a kind of elephant walk on their hands and feet, with their buttocks high in the air. Other babies move from place to place with a combination of rolling, squirming, and bouncing.

Grasp and reach are more precise now. Baby seems to enjoy holding something in each of his hands. If you present him with a third object when both his hands are full, he may not realize yet that he can't gather the latest toy without letting go of one that he already has. Hopefully, as he extends a hand toward the next toy, the toy he is holding will drop and his problem will be solved. It may take a while for baby to realize that he has to put down the first toy before he can reach for the second.

SEEING, HEARING AND FEELING

At six-months, baby is able to recognize many different sounds and sights. He pays attention to relatively small details and tells the difference between a happy and sad face. Baby enjoys playing with lots of different objects, particularly those objects that combine sight, sound and touch appeal. A ball with different textures, a soft rubber toy with a loud squeak, blocks with bells inside, keys, spoons, pots and pans, and bright colored old-fashioned clothespins are all favorite toys at this age.

Baby's interest in different sounds makes wrapping paper very exciting. He loves to crinkle tissue paper or squash tin foil. Because baby's exploration might involve stuffing the paper in his mouth, his paper playing activities have to be supervised. Don't let baby put newspaper or magazines in his mouth. The ink contains a dye that could be harmful.

A major development at this age is the ability to recognize a familiar object when it is partly covered up. When a felt square or a wool cloth is placed over his rattle so that it is partly hidden from view, baby will reach for his toy with obvious excitement. It seems that baby is getting closer to realizing that an object can exist, even when he can't see it completely. He still, however, will probably not search for his rattle if it is totally hidden.

SOCIALIZING

Despite his wariness of strangers, the six-month-old is quite a sociable youngster. He loves to play with his sisters and brothers, or visit other babies. When two six-month-old babies are put together, they notice and imitate each other. If one laughs, so does the other. If one cries, the other does too. It seems as if the baby identifies with a playmate without really recognizing that his playmate is a baby like himself.

Many six-month-old babies love to play the clown. They are aware of the reactions of their audience, and will be quick to act silly or take part in a social game. Daddy may come up to baby with a loud "I'm going to catch you," and baby will respond with a noisy laugh, or a mock attempt at escape.

The mirror is now one of baby's favorite toys.

He will sit himself in front of a long mirror and talk incessantly to his own reflection. When his image remains silent, he may pat the mirror as if to investigate the problem.

SUGGESTED ACTIVITIES

MOTOR



PLAY "POP GOES THE WEASEL"

Play pop goes-the-weasel with the baby. Say the rhyme slowly. When you reach the "pop," raise the baby's arms high up in the air. He will learn to anticipate the "pop" and will laugh when you reach the last line. (Be careful not to swing your baby by the arms or pull his arms out with a jerk. The baby's arms can be dislocated easily.)

ATTACH CYMBALS TO CRIB

Attach tin can cymbals to the baby's crib and give him practice with banging.

USE BABY CHAIR FOR FEEDING

Put the baby in a highchair or baby-tender at feeding time. Let him pick up finger foods - bits of cereal or small bits of bacon are very good.



PLAY A PIGGY BACK GAME.

Let the baby ride "piggy-back" on Daddy's shoulders. This helps the baby develop balance and control and gives him a chance to look at the world from a different perspective.



PLAY ON THE FLOOR WITH BABY

Play on the floor with the baby. A chase game is a favorite at this age.

**KNOT PLASTIC BAGS
BEFORE DISCARDING**



PUT A BUSY BOX IN CRIB

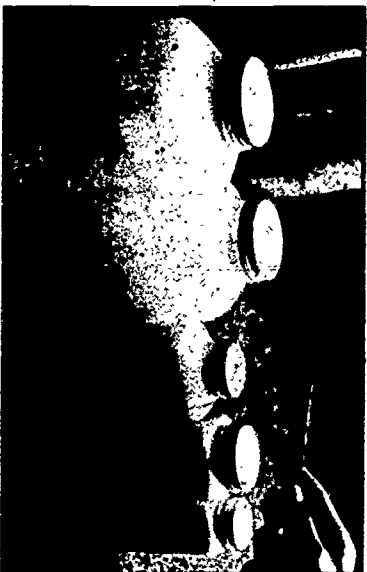
Place a busy box on one side of the playpen or crib. The baby will enjoy it most if something happens - a bell rings or a clown pops up. With a little ingenuity, parents can make their own busy boxes which can be modified appropriately as the baby learns new skills. The busy box should be interesting to feel, to look at, to listen to, and to manipulate.



HAND BABY THREE TOYS

Hand the baby a third toy when he has a toy in each hand. At first he will try to grasp the third toy with his hands full. But with lots of practice he will learn how to put one toy down before he grasps for a new one.

SEEING, HEARING AND FEELING



PLAY A SOUND GAME

Fill plastic bottles with different amounts of

water. Hit the bottles with a spoon to produce different sounds. The baby will notice the differences in sound. After a while he will join in the game.



MAKE HAPPY-SAD PILLOW

Make the baby a happy-sad pillow. Show him one side and then the other. This will help the baby notice differences in facial expressions. When he shows interest in the two sides of the pillow, let him play with his happy-sad plate puppet.

MAKE A BATH MITTEN

Make a bath-mitten for the baby out of a washcloth or foam rubber. Put it on the baby when he goes in his bath. The baby will enjoy the sensation of splashing the water with his mitten on.



HALF HIDE TOY UNDER BLANKET

Partially hide a favorite toy under a blanket or square of material. The baby will learn to pull at the part of the toy he sees. Eventually, he will learn to remove the blanket.



LET BABY WATCH BALLOONS

Blow up different shape balloons and, bat them around with the baby. This will give the

baby practice in "tracking," that is, following movement with his eyes.



SLIDE A DOLL ACROSS TABLE

Slide a rag doll across a table so that the baby can watch it fall off. After a while he will anticipate the fall and look down on the floor before the doll falls off.

GIVE BABY TURTLE BEAN BAG

Give the baby a turtle bean bag that has contrasting colors on each side. The baby will become aware of differences in color.

USE NON-SKID CARPET

SOCIALIZING



NAME THINGS FOR BABY

Before he was six months old, parents let the baby begin most of the conversations. By copying the sounds the baby made they encouraged his interest in talking and his development of a repertoire of sounds. Now, at six months, his parents can take an even more active role in initiating conversation. First, remember your baby's favorite babbles, and start off a conversation with them. Second, play some naming games with your baby, like naming eyes, nose, hands, and toys. When you give your baby a bath, name each part of his body in a loud clear voice.

NAME MOMMY AND DADDY

Name Mommy and Daddy at every opportunity. Place a large picture of Mommy and Daddy near the baby's crib or high chair.

WAVE BYE-BYE

Wave bye-bye everytime you leave the room.



GIVE BABY LARGE RAG DOLL

Give the baby a large rag doll and allow him to move the legs and arms up and down. Using a complete sentence, talk to the baby about what he is doing.



PLAY TOUCH AND SAY GAMES

Put the baby's hand on your nose and say

"nose" in a loud, clear voice. Do the same with eyes, mouth, teeth.

PLAY "PAT-A-CAKE"

Play pat-a-cake with the baby over and over again.

BRING IN A FRIEND

Bring another baby over to visit.



RESPOND TO BABY'S TALK

When the baby accidentally says "Ma-Ma" or "Da-Da," answer him immediately. Point to the picture on the wall and say, "There is Daddy."

TOYS TO MAKE

BATH MITTEN

PURPOSE: Early experience in self-help.

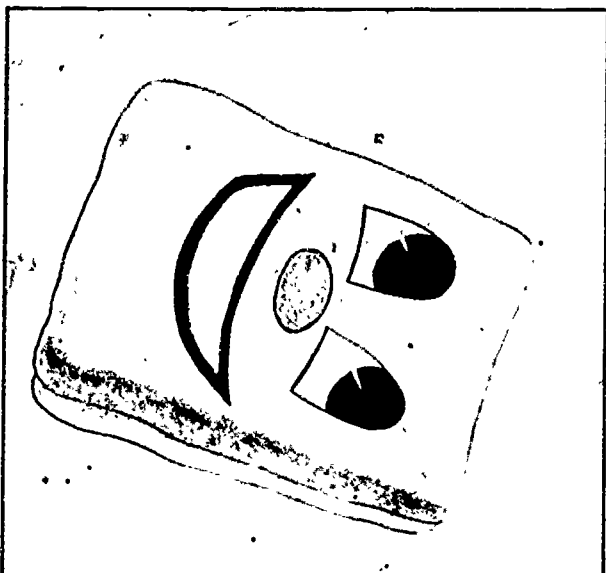
MATERIALS: Wash cloth and thread.

PROCEDURE:

1. Cut two mittens to baby's hand size.
2. Sew together and decorate.

PLAY: Let baby wash himself with his "mitcloth". Talk about the parts of the body.

HAPPY-SAD PILLOW



PURPOSE: Give baby experience focusing eyes and seeing differences.

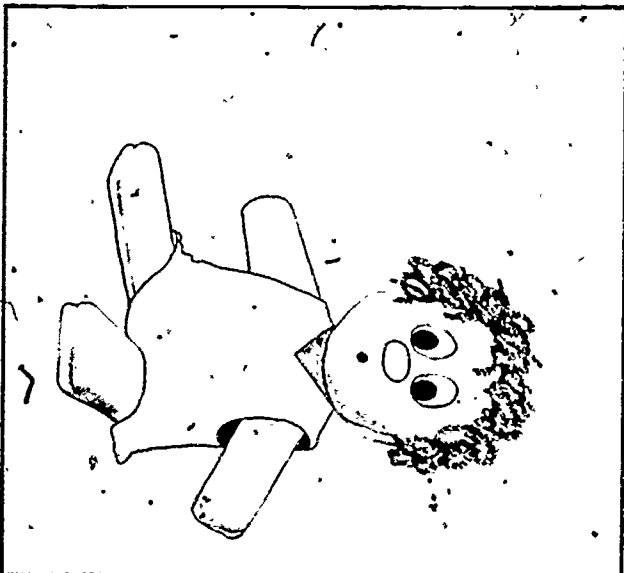
MATERIALS: Pieces of felt or other fabric, foam rubber stuffing or nylon stockings, needle and thread, and regular shears or pinking shears.

PROCEDURE:

1. Cut two 8 x 10 pieces of fabric.
2. Cut fabric shapes to form a happy and a sad face.
3. Sew one face on each fabric piece.
4. Sew together fabric, leave a side open.
5. Stuff the pillow through the open end, using the old nylon stockings or rubber foam.
6. Sew the open side.

FOR THE OLDER CHILD: Cut out letters of child's first name for one side of the pillow and last name for the opposite side.

RAG DOLL



PURPOSE: Language development - recognition and naming of body parts.

MATERIALS: Fabric, foam stuffing, yarn, felt needle, and thread.

PROCEDURE:

1. Make pattern out of paper.
 2. Pin pattern on to material and cut out two body shapes, four arms and four legs.
 3. Sew body parts together leaving opening for stuffing.
 4. Sew leg and arm parts together - turn right side up - stuff and sew.
 5. Turn, stuff, and sew body.
 6. Sew arms and legs to body.
 7. Sew felt pieces for face. Yarn hair.
- FOR THE OLDER CHILD:** Make button-platafore with very large buttons so that child can learn to button. Sew two ribbons (different colors) onto doll's head. When your child first learns to tie a ribbon, it is easier to teach him if the ends are different colors.

MASKS



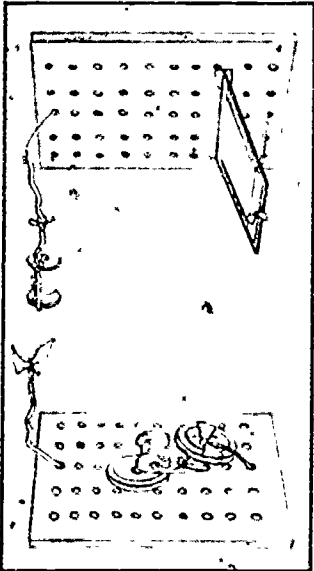
PURPOSE: Help baby distinguish between a happy face and a cross face.

MATERIALS: Two paper plates, felt markers, scissors, and wool.

PROCEDURE:

1. Outline eyes, nose, and mouth on inside of each paper plate. On one paper plate make a turn-up mouth - on other plate make a turn-down mouth. Cut out.
 2. On back side outline features.
 3. Add yarn hair.
 4. Sew ribbons on each side to hold mask in place.
- FOR THE OLDER CHILD:** Use orange plates for Halloween pumpkin masks.

BUSY BOARD



PURPOSE: Develop small muscle coordination and eye-hand coordination.

MATERIALS: Pegboard - 1' by 2', Heavy tagboard - red and yellow, 2 juice can tops, Elastic thread, Aluminum foil, Clear adhesive, backed paper, Ribbon, Pipe cleaners, String.

PROCEDURE:

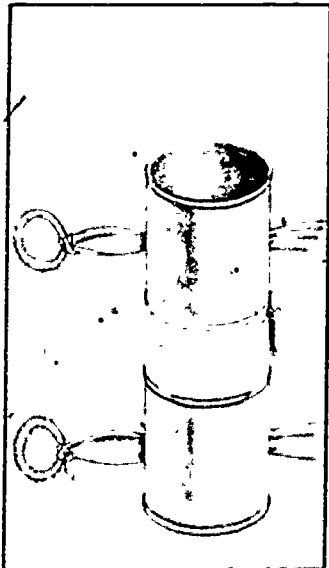
Board: Cut pegboard to size.

Mirror:

1. Cut out two rectangles, 3" x 2"; cover one with foil for mirror.
 2. Glue mirror to one rectangle & fold down one inch.
 3. Glue 2nd rectangle to pegboard.
 4. Glue 1st rectangle to 2nd at fold--mirror-side down.
 5. Tie string to top rectangle & thread through pegboard.
 6. Attach spool to other end of string.
- PLAY:** As baby pulls string, flap lifts. Baby sees himself in mirror.

Bang Toy: Attach one lid to pegboard. Run string through 2nd lid knotting to keep in place. Attach pipe cleaner ring to one end of string. Attach to pegboard so that lids bang as baby pulls ring.

TIN CAN CYMBALS



PURPOSE: Give baby practice using both hands in a grasping activity.

MATERIALS: 2 cardboard juice cans, Ribbon, String, 2 pipe cleaners.

PROCEDURE:

1. Make two pipe cleaner rings.
 2. Turn cans sideways and punch two holes on sides of cans.
 3. String ribbon through the cans and tie on rings.
 4. Tie on cradle gym or crib side.
- PLAY:** Baby can grasp both rings and bang the cans together.

7 MONTHS



BABY'S VIEWPOINT

The six-month-old baby showed some realization that objects are permanent when he searched for the rattle that was partly hidden under his blanket. Now, at seven months, he has developed still another insight into the nature of objects. When baby drops a toy off his feeding table, he looks down on the floor to see where it is. Remember, just a few months ago, he continued to look in the place where he saw it last as if his looking could make it reappear. By looking to see where his toy has landed, baby demonstrates his understanding that the rattle still exists even though he doesn't see it.

Another evidence of increased understanding of the permanence of objects is baby's ability to go back to an activity that has been briefly interrupted. For example, baby may be banging two blocks together when his mother enters the room. He'll stop and look at her for a moment and then go back to his banging. The baby is certain that the object continues to be, even when he stops paying attention to it.

MOTOR SKILLS

Many babies are able to sit alone at seven months old. They no longer need their hands for balance and can use them to reach, grasp, bang, shake and poke.

An active seven-month-old baby may be able to pull himself up to a standing position. Getting back down, of course, is another story. It is not unusual for a baby to pull up to a standing position, and then cry in panic until someone comes, to pull him back down again.

Baby is beginning to grasp more efficiently now. He can pick up a raisin or cracker crumb with a kind of pincer movement - (thumb pushing against forefinger). This is an important event. He has achieved a uniquely human skill that will eventually enable him to hold a pencil, or master a fork.

The seven-month-old does not usually demonstrate a hand preference. He will play with a toy first with one hand and then with the other, with one hand mirroring what the other hand has just done. If a baby does use one hand more often than the other, it doesn't mean he is right-handed or left-

handed. He may change preferred hands several times before he makes a permanent choice.

SEEING, HEARING AND FEELING

At seven months old, baby's eyes are better coordinated. He is becoming aware of the position of objects in space. He shows a new interest in the relationship of one object to another. He picks a block up in one hand, examines it with his eyes, picks up another block in the other hand, puts it through the same kind of examination and then bangs the two together. He loves to look at objects upside down and will squirm around in his playpen in order to look behind. His interest in his own vocalizations is as keen as ever. His repertoire of sounds now is much closer to the adult repertoire. Interestingly enough, baby produces fewer vowel sounds now than he did at three and four months. He seems to enjoy practicing the sounds that he hears in his parents' language.

SOCIALIZING

Baby can now recognize mommy and daddy's voices even when they are in another room. Baby is contented to play alone for an hour or more if his mother talks or calls to him from time to time. A real forward step is baby's ability to recognize his own name. Baby will demonstrate this new learning by interrupting what he is doing and looking toward the caller.

Baby continues to be wary of "strangers." He not only objects to the sudden appearance of a new face, but even when the stranger stays around for a while, he may act shy and somewhat frightened.

Baby at this age seems to know the difference between approval and disapproval. He reacts to a "no" by stopping what he's doing - at least for a moment. He continues to like silly games, blowing bubbles with his food, or dunking his fingers in a soup bowl to get a laugh from his audience. Peek-a-boo is now one of his favorite games. He is just learning that things don't disappear just because he doesn't see them, but peek-a-boo still contains an element of surprise.

KEEP MATCHES OUT OF REACH

SUGGESTED ACTIVITIES

MOTOR



LET BABY HAND FEED

Give the baby some food with every meal that he can pick up with his fingers - diced carrots, peas, bits of hamburger work very well.

PRACTICE DEEP KNEE BENDS

Hold the baby by the hands and let him practice deep knee bends. Some babies are learning to bounce up and down at this age. Once you begin the game, they don't want to let you stop.



ATTACH RIBBON TO A TOY

Attach a ribbon to the head of a small rag

doll or clown. Show the baby how to hold the clown up by the ribbon in order to make him dance.

GIVE BABY BEAN BAG FACE

Give your baby a bean bag face to play with. He will enjoy passing the face from one hand to the other.



GIVE BABY SEVERAL SMALL BALLS

Give the baby several small rubber balls to pick up. Now that the baby is developing the ability to use his thumb independently, it is important to provide opportunities for him to practice his skill.



BANG TOYS TOGETHER

Bang two toys together. Then let the baby try it.

LET BABY STAND

If the baby is just learning to pull himself to a standing position, place him in a playpen that will give him a chance to practice.

SEEING, HEARING AND FEELING



GIVE BABY FEEL EXPERIENCES

Cut large plastic containers in half. Line them with different materials - rubber, felt, plastic, corduroy. Place toys inside so the baby can retrieve them.

HIDE A SQUEAK TOY

Make one of the baby's toys squeak, then hide it under a blanket while the baby is watching you. Let him try to find it.



PUT FLOATING TOYS IN BATH

Put several different floating toys in the baby's bath. Each time he retrieves one, examine it with him and talk about it.

LET BABY FEEL YOUR CLOTHES

Let the baby feel what you are wearing. If you are, for instance, wearing velour, say, "Soft" while the baby's hand strokes it.



NAME TOYS FOR BABY

Give the baby toys to play with that can be named easily: cup, telephone, doll, kitten, spoon, dog, block, rattle, banana, clown.

SOCIALIZING



SWING BABY IN YOUR ARMS

Sing rock-a-bye baby with Daddy holding the baby under his arms and Mommy holding his feet.



SHOW BABY PICTURES

Cut out large pictures from magazines - a

telephone, a dog, an airplane, a spoon, a teddy bear. Sit the baby on your lap and "read" to him, talking about the pictures.



SHOW BABY A DOLL IN MIRROR

Show the baby a rag doll in the mirror.

PLAY A RECORD FOR BABY

Turn on a record with the baby watching. Sing along with the record.



PLAY GAMES WITH BABY'S DOLL

Play rock-a-bye baby, pop-goes-the-weasel, and ride-a-cock horse with the baby's rag doll while the baby is watching.



SHOW BABY PAPER BAG PUPPET

Show your baby a paper bag puppet. Now that he is aware of faces, he will be fascinated by a face that looks different.

TALK ABOUT OUTDOOR NOISES

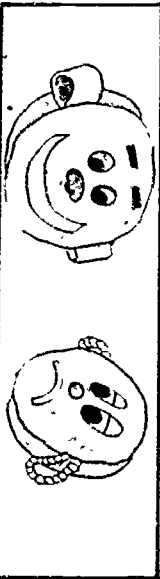
Take the baby outside in a carriage or stroller. Point out airplanes, birds, trucks. Name them for the baby.

PLAY SEE-SAW WITH BABY

Play see-saw with the baby, rocking him back and forth.

TOYS TO MAKE

BEAN BAG FACE PUPPET



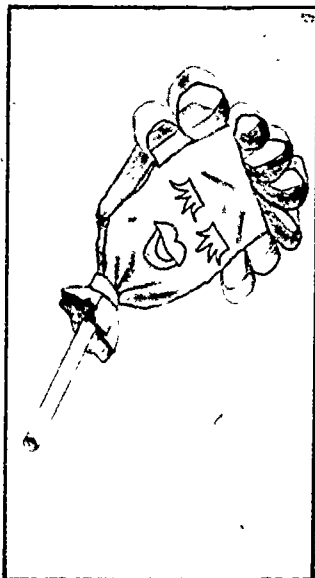
PURPOSE: Opportunities to grasp and release.

MATERIALS: Felt, beans, needle & thread.

PROCEDURE:

1. Cut two circles 5" in diameter.
2. Cut and sew on eyes, mouth and nose on both sides. Make one side a happy, face and the other side a sad face.
3. Sew circles leaving small opening.
4. Insert beans.
5. Finish sewing.

PAPER BAG PUPPET



PURPOSE: Hand-eye coordination, spatial relations.

MATERIALS: Paper bag, newspaper, spindle, piece of ribbon, crayon or paint, scissors, yellow, red, brown, or black construction paper, and glue.

PROCEDURE:

1. Draw a face on the bag.
2. Curl paperstrips for hair and paste.
3. Stuff paper bag with newspaper.
4. Tie puppet to the spindle.

PLAY: Let baby watch the puppet move back and forth in front of him. Give baby a turn.

FOR THE OLDER CHILD: Paper bag puppets are easy to make. Help your child make storybook characters and act out a play.

HIDE-A-TOY BLANKETS

PURPOSE: To hide toy so baby can learn to find it.

MATERIALS: Cloth scraps.

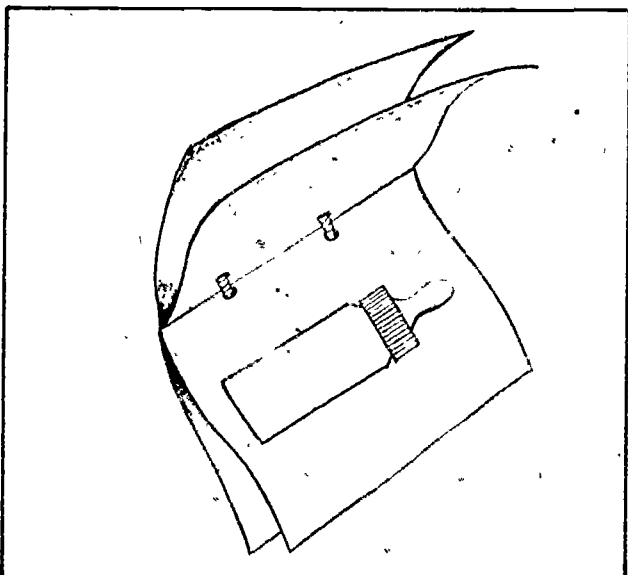
PROCEDURE:

1. Cut 3 or 4 sections of cloth 1' by 2'.
2. Hem up the edges.

PLAY: Partially hide toy under a cloth. Once baby can do this hide the toy completely. Next, switch the toy from one blanket to another. First let the baby see you make the switch, then hide the switch.

FOR THE OLDER CHILD: This game can be played in many variations appropriate to children of many ages.

PICTURE BOOK



PURPOSE: Picture recognition. Language development.

MATERIALS: Construction paper, yarn, simple outline pictures from magazine or coloring book.

PROCEDURE:

1. Fold sheets in half to make 4 pages.
2. Paste one large picture on each page.
3. Find pictures of things that baby knows about - bottle, banana, teddy bear, bell.
4. Punch two holes down center fold.
5. Thread yarn through holes, tie, crease.

PLAY: Name the picture on each page. Let baby touch the picture as you name it. Show him an object that matches the picture.

FOR THE OLDER CHILD: Let your child dictate a story to you. Write it down on the pages of his book. Leave room on each page for your child to illustrate his story. Use heavier paper for the cover. Make several books and let your child begin his own library.

8 MONTHS



BABY'S VIEWPOINT

At eight months old, many babies are quite fearful. They are afraid of new people, new places and new situations. A visit from grandmother, a ride on the bus, or a trip to the shopping center, can send baby into an unexpected panic. Because all parents like their children to be friendly and outgoing this kind of outburst is disturbing.

Interestingly enough, baby's fearfulness does not represent an underlying personality trait. It means, simply, that he has developed a keener awareness of his immediate surroundings. He is noticing the difference between things that are familiar and therefore predictable, and things that are new and strange. From baby's point of view, only the familiar is trustworthy.

Along with this keener awareness of his immediate surroundings, baby is showing a greater understanding of spatial relationships. As he creeps around the house, he anticipates obstacles, and goes around them. If he crawls into a closet, he finds a way to get himself out. If he is placed on a table, he will recognize that he is up high, and is not apt to jump off on purpose.

MOTOR SKILLS

At eight months of age, most babies are able to move about readily. Many are pulling themselves up to a standing position and walking sideways along furniture. By now babies are usually able to turn around, and have learned to get out of tight places.

Pincer movement is perfected now and baby can pick up small bits of food without difficulty. This is the age when it is particularly important to keep beads and buttons away from baby. Things that get picked up are still quite likely to find their way to baby's mouth.

Baby enjoys a game of ball now, according to his own rules. He will retrieve the ball that you throw across the room and expect you to retrieve the ball that he tosses. Another version of the game is sweeping all toys off the high chair and watching Mommy pick up. Mothers, of course, get tired of the game long before babies.

SEEING, HEARING AND FEELING

Baby's delight with mirror play continues at

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eight months of age. He will perform for himself in front of the mirror and laugh out loud at his own antics.

He is very conscious of the source of sounds at this age. When a fire engine sounds, he will look out of the window. When an airplane flies overhead, he looks up. When the telephone rings, he reaches for it. He might even experiment with dialing, and inevitably leaves the telephone off the hook.

Baby now really enjoys a hiding game. If he sees you hide a toy under a blanket he will lift the blanket and get the toy.

Many eight-month-olds are able to solve simple problems. Baby can pull a string to make a bell sound or push away a transparent screen in order to get the toy he sees behind it. He is also learning to predict certain things. If you swing a flashlight back and forth above his head, baby will get the idea of the pendulum motion and will anticipate with his eyes where the flashlight is going to be. When he drops a cup on the floor, he will screw up his face and may even place his hands over his ears in anticipation of the crash.

SOCIALIZING

At eight months, baby's babbling has reached its peak. He has mastered almost all the sounds of his language, and will repeat the same sound over and over again. Talking on a toy telephone is apt to be his favorite game. Some babies prefer the real telephone, while others seem frightened when a familiar voice that usually comes from Daddy's mouth is all of a sudden inside the phone.

Comings and goings are particularly interesting to baby. He notices when Mommy or Daddy leaves in the morning and watches out the window when Mommy or Daddy come home. He learns all the signs of his parents coming and going. He knows, for example, that if Mother puts on her hat and coat, or Daddy puts the leash on the dog, they are about to go outside.

Baby is very attached to his parents at this time, and enjoys playing with them. Peek-a-boo, pop goes the weasel, hide and seek, and "horsey" are favorite games for many babies.

SUGGESTED ACTIVITIES

MOTOR



ENCOURAGE BABY TO PULL UP

Place toys on the top rail of playpen so that the baby is encouraged to pull himself up.

TURN A CUP UPSIDE DOWN

Place a cup upside down on a table. Let the baby turn it over.

SWING BABY

Swing the baby in your arms or on a swing, or ride him up and down on your knee. These games help the baby develop balance and control.



PLAY HIDING GAMES WITH BABY

Hide behind a chair. Let the baby come and find you. (Call to him from your hiding place.)

GIVE BABY A JANGLE FISH

Give the baby a jangle fish to hold as he crawls on the floor or pulls up to a standing position. He will learn to shake the can in order to make the fish tail jingle.



PLACE A TOY ON A BLANKET

Place a toy on a blanket out of the baby's reach so he has to pull the blanket in order to retrieve the toy.



PUT BABY'S TOYS IN BOX

Place the baby's toys in a box he can reach into.

PLACE A TOY BEHIND A SCREEN

Let the baby watch you place a toy behind the screen. See if he can retrieve it. If he doesn't get it right away, let half of it show.

SEEING, HEARING AND FEELING



PLAY A HAT GAME WITH BABY

Give the baby a "hat" that he can put on his head. As he tries to find his head, he is learning more about himself.



PUT A TOY UNDER A TUNNEL

Put a caterpillar through a tunnel. Let the baby watch it come out the other side. The baby will learn to anticipate the movement and will "wait" with his eyes at the end of the tunnel. After the baby has watched you play with the caterpillar he will want to take his turn.



HIDE A TOY UNDER A BLANKET

Hide a toy under a blanket while the baby is watching. Let him lift up the blanket, and find his toy. Because the baby is just learning that objects exist, even when he doesn't see them, there is an element of surprise in this game that adds to the fun of playing it.

MAKE BABY SOME PAT PICTURES

Make "pat" pictures, using different materials and textures - pussy willows, satins, rubber carpet ends all produce interesting sensations.

CALL ATTENTION TO SOUNDS

Call the baby's attention to different sounds by naming them, such as the telephone, door bell, Daddy's footsteps, rain, running water, dog barking. As the baby pays attention to sounds, he is learning the habit of listening - important for development of speech.

SOCIALIZING TALK IN FULL SENTENCES

Talk to the baby in full sentences. Carry on a running commentary about everything you and the baby are doing.

DANCE WITH BABY

Dance and swing with the baby in front of a mirror. Talk about what you are doing.



IMITATE BABY'S GESTURES

Imitate the baby's gestures and encourage him to imitate yours.

PLAY NURSERY RHYMES

Play short nursery rhyme records or sing nursery rhymes to the baby.

PLAY FOLLOW THE LEADER

Play "follow the leader" games with the baby. Bang a drum, knock, clap your hands, wave, blow, lead an orchestra.



PLACE BABY IN FRONT OF WINDOW

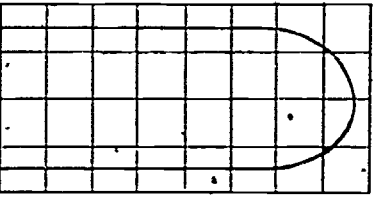
Place the baby at the window so that he can watch for Daddy to come home at night.

TOYS TO MAKE

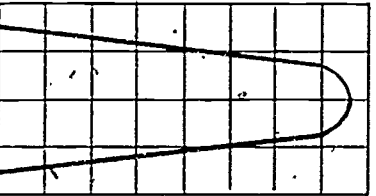
WORM

EACH SQUARE EQUALS 1 INCH.

HEAD



TAIL



PURPOSE: Give baby experience in finding object when only a part of it shows.

MATERIALS: Green fabric, foam rubber stuffing yarn.

PROCEDURE:

1. Place pattern on newspaper.
2. Cut two pieces on green fabric according to pattern.
3. Sew together leaving small opening.
4. Make two eyes with yarn.
5. Stuff with foam rubber scraps.
6. Sew up opening.

PLAY: Hide the worm behind a chair with just the head or tail showing. See if baby can find it.

PAT PICTURE BOOK



PURPOSE: Use baby's enjoyment of feel experiences to help with language learning.

MATERIALS: Fabric scraps, needle and thread, cotton balls, sponge, sandpaper, construction paper.

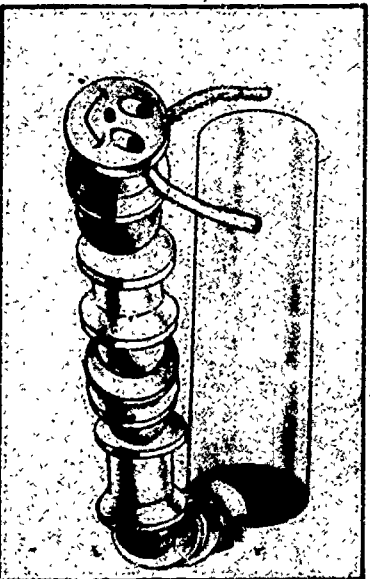
PROCEDURE:

1. Using construction paper or felt, cut four pages for book.
2. On each page, paste or draw a picture.
3. On each picture, paste a fabric or object that the baby can feel.
4. If the book is cloth, sew the pages together. If the book is made out of paper, punch holes, thread yarn through holes, and tie pages together.

PLAY: Name each picture as baby feels and pats it.

FOR THE OLDER CHILD: A pat book is very good for beginning readers. Cut letters out of felt or sand paper.

CATERPILLAR AND TUNNEL



PURPOSE: Develop understanding of object permanence. Language development.

SPOOL CATERPILLAR MATERIALS: Five spools (preferably styrofoam spools), four colored beads, pipe cleaners, elastic cord, non-toxic glue, colored pencils.

PROCEDURE:

1. Draw caterpillar face.
2. Punch two holes for antennae.
3. Stick pipe cleaners in the holes. Reinforce with glue.

4. Decorate spools using pencils.
5. String on elastic cord, alternating spools and beads.
6. Tie knot at end, attach pipe cleaner tail.

TUNNEL MATERIALS: Large wrapping paper roll, felt marker or felt scraps, glue.

PROCEDURE:

1. Cut tube 13" long.
2. Decorate with felt marker or felt scraps.

PLAY: Pass caterpillar through tunnel. Baby will learn to watch the other end of the tunnel where caterpillar will reappear.

FOR THE OLDER CHILD: Ask him to predict the order of the colors as they come through the tunnel.

JINGLE-JANGLE FISH



PURPOSE: Practicing "shaking". Early experience with cause-effect relationship and spatial relationship.

MATERIALS: Large empty plastic bottle, shoe lace, juice can lids, tape, and felt pen.

PROCEDURE:

1. Punch holes in the center of the juice can lids, string on shoe laces and cover with tape to protect sharp edges.
2. Paint eyes and fins on fish body (bottle) with felt pen.
3. Make a hole in the bottom of bottle and attach tail.
4. Put a large bead or spool inside bottle to add to the noise appeal.

FOR THE OLDER CHILD: Use as a rhythm band instrument.

9 MONTHS



BABY'S VIEWPOINT

One of the most exciting things about the nine-month-old is that he is learning to solve simple problems. In his younger days, baby had practiced a series of action routines--grasping, shaking, banging, banging, stroking, letting go, pushing, pulling. The more he practiced, the more efficient he became with each of them. Now, at nine months of age, baby is beginning to put these action routines together, that is, to use one routine in the service of another. If you put a head inside a wide mouthed container, baby closes his fist in order to fit it into the container before opening his hand to pull out the bead. If you cover a bottle with a blanket, baby pulls the blanket away in order to grasp the bottle. By now, too, baby may be able to solve the problem of reaching an object that is placed behind a see-through screen. When first presented with this problem, babies usually try to reach the rattle through the screen. The baby who can use one routine "in service of another" will find a way to get at the rattle.

MOTOR SKILLS

While some babies at nine months are developing many important new motor skills--standing, cruising, climbing up stairs, sliding off sofas--others seem to be at a standstill. All babies have peaks and plateaus in their development. They learn quite rapidly for awhile, and then need time to practice and consolidate before going on to new things. Often, however, when baby appears not to be progressing in one area of development, he is making important gains in another area.

By now, baby is able to use his thumb and finger to perform certain "skilled operations," such as standing up a toy or picking up a pencil. A quiet and intense baby may devote all his attention to the act of balancing one block on top of another. This requires baby to hold the block up with his thumb and forefinger, and then let go at just the right moment. If baby succeeds with this task, chances are that he will not rest on his laurels. Instead, he will place a third block on top of the second with the outcome, of course, the inevitable crash of the tower. At this point, baby will probably not be too perturbed. He will either switch to an active block-throwing game, or go off on a new exploration.

SEEING, HEARING AND FEELING

Many babies at age nine months will search selectively for a favorite toy or blanket. This is the period where a dirty teddy bear tossed in with the morning wash can start a family crisis. Despite the potential problems the "favorite toy" creates, this kind of object attachment is an important developmental event. It shows that baby can make fine distinctions (a substitute blanket is rejected forcefully), and can retain the visual image of an object which is out of sight.

Baby's ability to make fine discriminations is as noticeable with sounds as it is with sights. He is particularly attentive to familiar signs--the closing of the front door as Daddy leaves, the buzz of a razor meaning Daddy is awake, the closing of the refrigerator door meaning breakfast is ready, the patter on the window meaning rain.

Most nine month olds develop a special love for silk and fur. Baby will rub the silk binder of his blanket on his way to sleep, pat a kitten, or stroke the fur of a stuffed animal. This stroking is not just a part of his usual investigation of things. It seems to give baby a special kind of pleasure.

SOCIALIZING

At nine months, many babies show a new ability to understand language. Baby will look from one parent to the other in response to "Where's Mommy?", "Where's Daddy?" and will give Mommy the spoon in answer to a simple command. Baby is more apt to follow a verbal command such as "give Mommy the spoon" if he is looking at the spoon when Mother makes the request. Once he has achieved success with a simple give and take game, baby will enjoy playing it over and over again.

Although many babies have overcome their fear of strangers by now, new fears may emerge. A loud, sudden noise, or strange new clothes (a Halloween mask or party hat) might send baby scurrying for the safety of Mother's lap.

SUGGESTED ACTIVITIES

MOTOR

GIVE BABY SPINDLE TOY

Give the baby a spindle toy to play with.

Once he has learned to place the ring on the spindle he will practice again and again.



PLACE TOYS IN SEE THROUGH BOX

Put some of the baby's toys in a plastic see-through shoebox. Let the baby try to take the cover off himself. If he can't do it, take the cover half off for him.



HIDE A TOY BEHIND A TRAY

Place a brightly colored toy behind a plastic tray. See if the baby can find it. If he has

trouble, move the toy so that it is only half behind the tray.

DANCE WITH BABY

Set aside a daily dance time when you and the baby listen to music and dance together. Now that the baby is spending so much of his time on the floor, he needs to have special opportunities to feel physical closeness with his parents.

LET BABY HELP WITH THE BATH

Give the baby his own washcloth at bath time and his own towel for drying. Encourage the baby to help wash and dry himself. Self-help takes lots of time and preparation.

PLAY HIDE AND SEEK GAMES

Continue playing hide and seek with the baby. Pretend you can't find him sometimes and hunt all over, calling his name until he finds you.

LET BABY PUSH HIS STROLLER

If the baby is an early walker, let him push his own stroller. It's a great balance exercise and gives the baby practice with starting and stopping.

SEEING, HEARING AND FEELING



LET BABY RING A BELL

Give the baby a bell and show him how to ring it.

MAKE BABY A FEEL GAME

Give the baby his own box of "feel" materials. Make sure that it includes rough materials as well as smooth ones. A good collection of feel items might include a linoleum square, a playing card, a large rubber sink stopper, a square of velvet or satin cardpaper, and a sponge. Cut the borders of the fabrics with pinking shears, so they won't ravel. As the baby empties and fills his feel box, he learns to distinguish between kinds of feel.

DESCRIBE SOUNDS TO BABY

Describe the sounds that you hear to the baby. Talk about the ringing of a bell, the rumbling of thunder, the whistling of wind, the banging of shutters, tapping of fingers, clapping of hands, the squeaking of wheels.



TURN OVER A TOY WITH A HANDLE

Find a toy with a handle. Hand it to the baby upside down so that he has to turn it over in order to make it work.



LET BABY DROP TOYS IN A CAN

Give the baby a pile of very large wooden beads and a plastic container. Show him how to fit the beads into the container. After a while the baby will learn how to reach in and get the beads.

TURN TOYS UPSIDE DOWN

Line up the baby's toys upside down. (Teddy bear standing on his head, etc.) Encourage the baby to turn the toys right side up.

SOCIALIZING



READ TO BABY

"Reading" a book with the baby is very important at this age. Point out all the familiar pictures - a cup, a teddy bear, a safety pin, a brush, a shoe, a sock, a washcloth, a toy duck, a dish. Read the book over and over while the baby is in your arms. The more experiences the baby has with words, the sooner he will learn to talk.

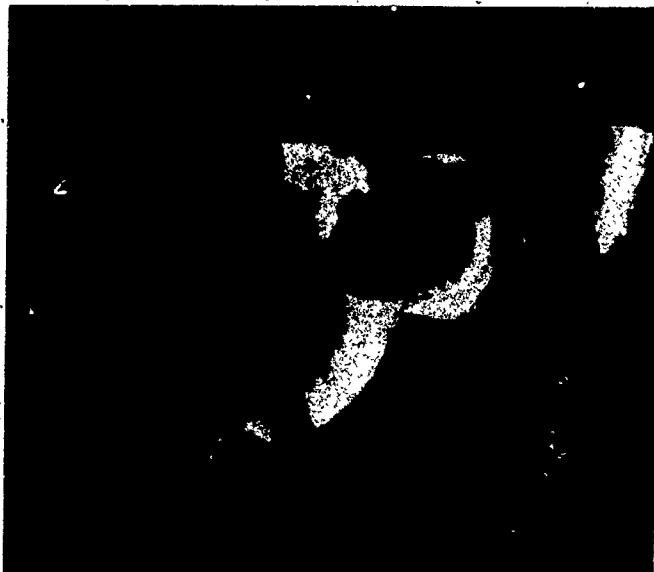
LET BABY START GAME

Give your baby a turn to start a game. Put something interesting beside him like a set of keys, a bowl of dried fruit, or a set of measuring spoons. Watch how your baby plays with them, and then join in his game. If he shakes the set of keys, for instance hold up a pan so that the keys will clang against it. Babies love a game that they have started themselves.

PLAY "GIVE ME THE TOY" GAMES

Place three different toys in a box. Name one

of the toys and ask the baby to hand it to you. Make a fuss over him when he gets it right.



ROLL A BALL TO BABY

Roll a "feel ball" back and forth to the baby. Let the family join the game.

PUT DECALS ON GLASS DOORS

USE GATES ON STAIRS



GIVE BABY'S TEDDY A DRINK

Pretend to give the baby's teddy bear a cup of milk. Hand the empty cup to the baby and help him give the teddy bear some milk.



PLAY A TELEPHONE GAME

Talk to the baby in his home-made telephone - give him a turn. As the baby plays the telephone game, he learns the fun of carrying

on a conversation.

KEEP ALL SHARP OBJECTS :
OUT OF REACH.



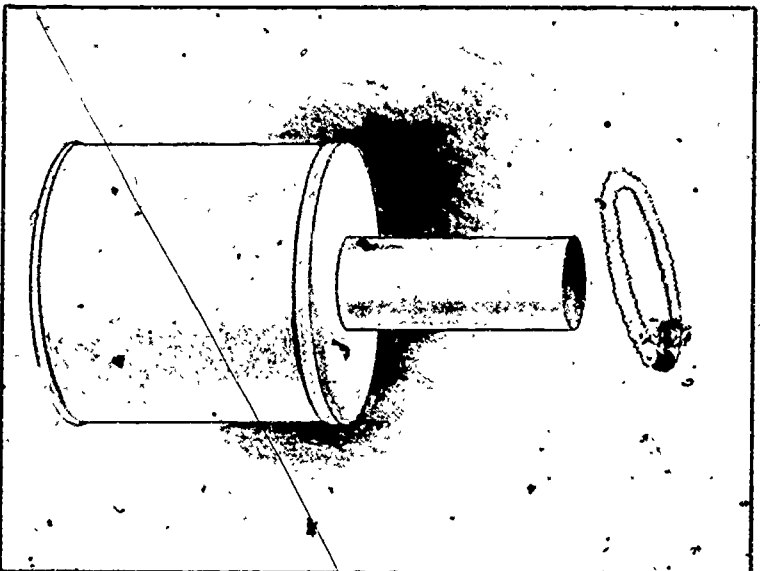
PLAY A HAND CLAPPING GAME

Play a clap hands game with the baby. Clap his hands together and then hide them under a blanket. Here is a jingle to go with the game.

"Clap your hand, one-two-three
Play a clapping game with me.
Now your hands have gone away,
Find your hands so we can play."

TOYS TO MAKE

SPINDLE TOY

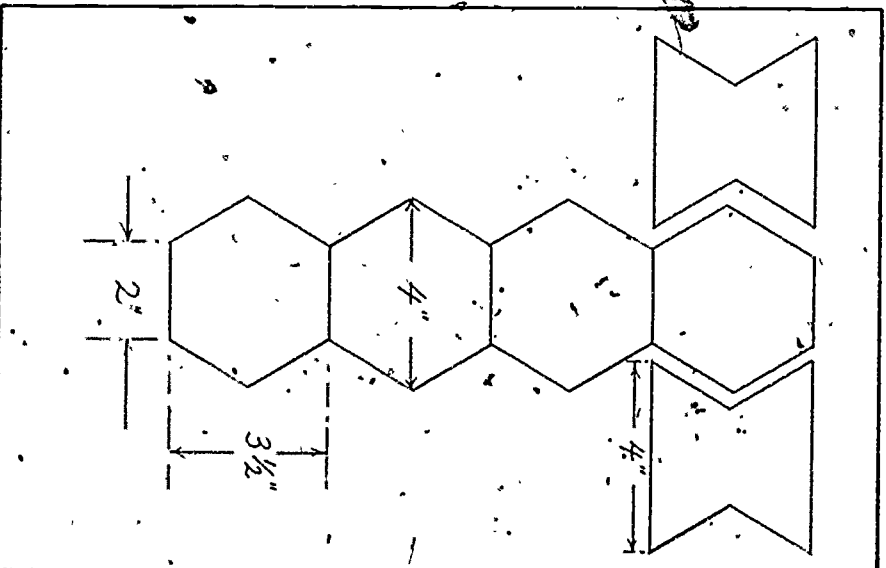


- PURPOSE:** Eye-hand coordination and spatial awareness.
- MATERIALS:** Coffee can with plastic lid, paper towel spindle, 3 pipe cleaners or 3 plastic bracelets, adhesive-backed paper or fabric.
- PROCEDURE:**
1. Cut fabric or adhesive backed paper so that it wraps around can. Glue.
 2. Cover spindle with different paper or fabric.
 3. Cut into plastic lid of coffee can.
 4. Place lid on can & put spindle in slit.
 5. Make rings of pipe cleaners.

PLAY: Show baby how to place the rings on the spindle.

FOR THE OLDER CHILD: Use as a ring toss game. Make some rings smaller than others and develop a point system that gives more points for getting the smaller rings on the spindle. (It's a great way to practice addition).

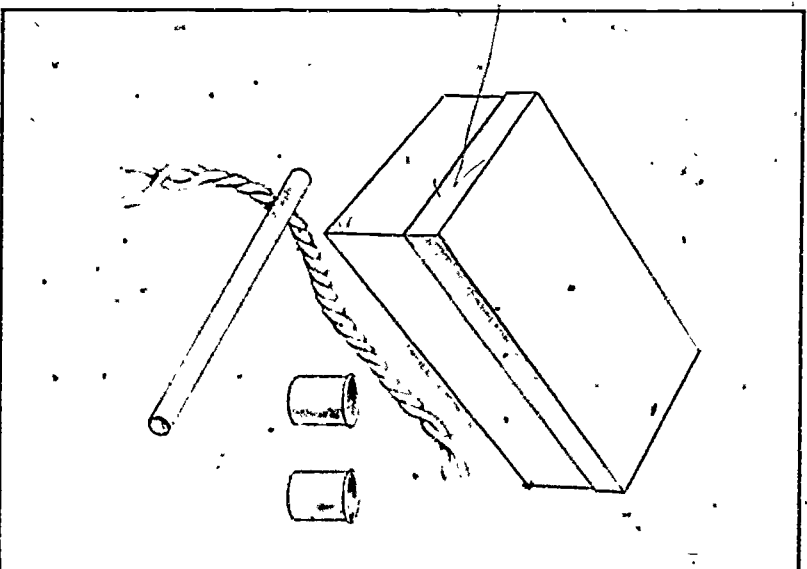
FEEL BALL



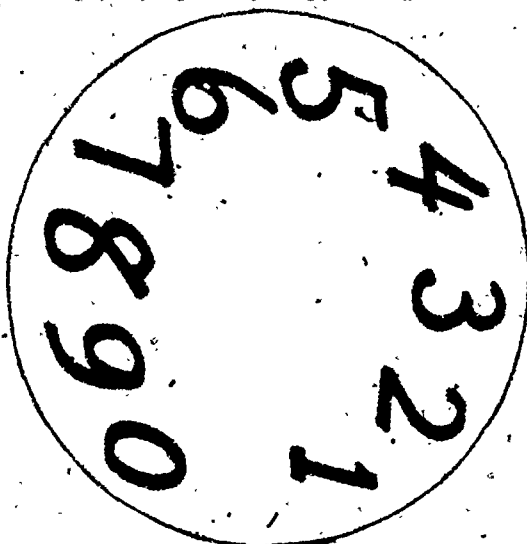
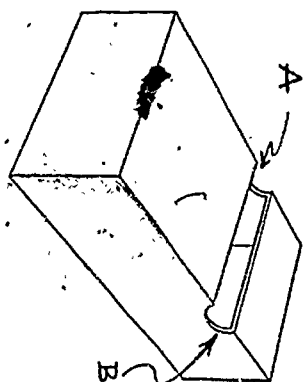
- PURPOSE:** Experience with holding out hands.
- MATERIALS:** Fabric scraps, foam rubber.

- PROCEDURE:**
1. Plan ball on paper. Use the paper for pattern.
 2. Cut four different textured 6 sided pieces. Each side 2" wide.
 3. Fold two 4 1/2" pieces of fabric. Cut sides at an angle, making a trapezoidal pattern. Unfold.
 4. Sew all ends of the 6-sided patterns together.
 5. Sew these to the trapezoidal pieces leaving one edge open.
 6. Stuff with foam rubber.
 7. Sew the edge.
- FOR THE OLDER CHILD:** All children love to play ball with a feel ball.

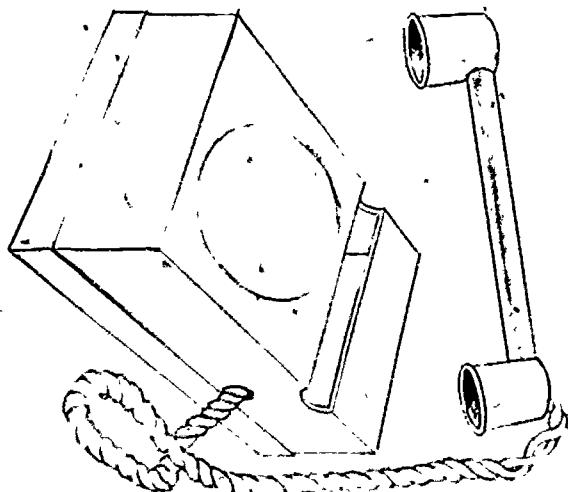
TELEPHONE



CUT OUT SLIT A-B
TO FIT DOWEL



USE THIS PATTERN
FOR YOUR DIAL.



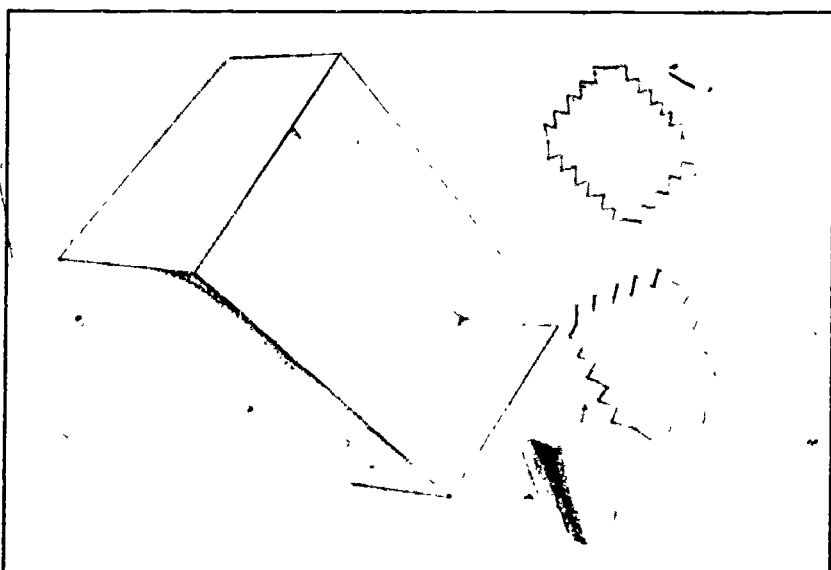
PURPOSE: Language development and imaginative play.

MATERIALS: Shoe box, construction paper or adhesive paper, string, 1/2" wooden dowel, plastic film cans.

PROCEDURE:

1. Paint shoe box or cover.
 2. Turn box over, slit between A & B.
 3. Cut large circle (Pattern) from construction paper & number.
 4. Tape numbered circle to box.
 5. Cut holes in side of cans for dowel.
 6. Cut dowel to appropriate length.
 7. Punch hole in one film can, & knot so that it cannot fall out. Thread through hole.
 8. Put cans over ends of dowels.
 9. Punch hole inside of box, thread cord through & knot it securely.
 10. Reattach box lid.
- FOR THE OLDER CHILD:** An older child will enjoy making his own phone.

FEEL BOX



PURPOSE: Experience with different feels.

MATERIALS: Shoe box, fabric swatches.

PROCEDURE:

1. Line box with fabric.
 2. Cut remaining fabrics into squares.
- PLAY:** Talk about fabrics as baby takes them out of box & puts them back.

FOR THE OLDER CHILD: Cut pairs of fabrics. Blind fold child. Put one of each pair in the box. Hand the matching fabric swatches to the child one at a time, and ask him to find the mates.

10 MONTHS



BABY'S VIEWPOINT

Watching a ten-month-old at play is a rewarding experience. Baby is no longer contented with simple manipulative activity--stroking, turning, pushing or pulling. His playing now appears purposeful and directed. As a matter of fact, at times he seems to be at work rather than at play. Given a plastic milk bottle and a handful of clothespins, baby picks up the clothespins one by one and drops them systematically into the milk bottle. When the pile of clothespins is depleted, baby knocks over the bottle with his hand, dumps out the pins, and begins the task again. Baby is quite aware now that the clothespins continue to exist even when he can't see them.

Another favorite game with the ten-month-old is pulling a toy by a string. Like the bottle filling activity, this pull toy game signifies a new advance in baby's understanding of his physical world. Baby recognizes that the string is attached to the toy and that by pulling the string, he can make the toy move. Whether baby is creeping, hand walking, or walking alone, he will begin this activity by moving backwards so that he can see the string and the toy at the same time. Is he intrigued by the fact that the string moves the toy and, is therefore, compelled to watch? Or is he watching just to make sure that the string and the toy are moving the way they are supposed to?

MOTOR SKILLS

At ten months of age individual differences in motor development are very apparent. While one ten-month-old baby might just be learning to creep well, the second may already be a good walker, capable of climbing a stair or dragging a pull toy along the floor.

Most ten-month-olds are quite efficient with reaching and grasping. They can carry on tasks involving coordination of shoulder, arm, wrist and fingers such as taking the cover off a box or standing up a toy dog. When an object is placed in front of baby he reaches for it directly, and picks it up deftly with forefinger and thumb. This smooth grasp movement seems to be associated with a slight turning or tilting of the wrist that takes place in the first phase of the reach. At a younger age baby had learned to use a pincer movement for picking up crumbs from

his high chair. He had also learned to rotate his wrist, inspecting a toy in his hand. Now we see baby gaining new control and efficiency by putting these skills together.

As he maneuvers around the room, or redistributes the toys in his playpen, the ten-month-old gives the impression of knowing exactly where he is going or what he is trying to do. Part of this look of assurance stems from a marked increase in motor control. Baby is efficient now with opposing muscle movement. When he pulls himself up, he can let himself down. When he grasps for a block, he can release it easily at will. During his waking hours, he is constantly on the go, practicing newly acquired skills and exploring his own capacities.

SEEING, HEARING AND FEELING

An adult recognizes that, despite appearances, things really don't get small as they move further away. We have no trouble, for instance, recognizing a matching coffee cup on the other side of the table. The ability to compensate for distance when we estimate size is called constancy and is learned during infancy through experiences with size and distance. Most babies have developed size constancy, at least with familiar things, by the time they are ten months old. Baby realizes, for instance, that the teddy bear over on the sofa is his teddy bear, even though it looks so much smaller than it did in his crib. Nor will he confuse a pair of doll shoes with his own shoes, even if the doll shoes are way across the room.

The ten-month-old demonstrates this awareness of the way things are supposed to look in many ways. If you hand him his drinking cup upside down he immediately turns it over. When his sister does a head stand, he watches her and laughs. He can also recognize a familiar object when he sees just a small part of it. He picks up a spoon almost covered by a napkin and puts it directly into his mouth.

With sound as with sights, baby's perceptians continue to sharpen. He's getting quite good at telling which direction a sound is coming from. If a sound is made behind his back, he turns around immediately and looks at the place it came from. He continues to pay special attention to voice. He can recognize members of the family by voice alone, and can identify subtle differences in voice tone that show anger, teasing, calm, joy, or annoyance.

SOCIALIZING

The ten-month-old is usually quite friendly and outgoing. He uses his vocabulary of babbles to carry on a "conversation" and enjoys experimenting with new sound effects. He is an excellent mimic and can imitate some sounds and words that he hasn't used before. Most exciting of all, he is learning to understand the meaning of words. The more opportunities baby is given to hear words spoken, and respond to simple commands, the faster he will learn to speak.

The intense attachment to parent that characterizes the infant from six to nine months may show some signs of change. As creeping becomes easy and automatic, and as baby finds that he can get about in his spatial world, he finds out that he can creep in one direction, turn around, and get back to his starting point. As gives him a new feeling of self-sufficiency. He sees himself now as an independent agent, venturing across the room or even the house, exploring new terrain. During his longer expeditions, baby may take along a favorite blanket or toy. An understanding parent recognizes the importance of the security blanket, as baby strives to break old ties and establish his own identity.

Despite baby's growth in self reliance, the interplay with family members is more important than ever. The play experiences of infancy are critical for the more structured and organized play of the older child. As baby engages his parents in a game of peek-a-bow, or hide and seek, he is learning to sequence events, to recognize relationships, and to value the feeling of exhilaration that a play situation provides.

SUGGESTED ACTIVITIES

MOTOR

GIVE BABY HIS OWN DRAWER

Give the baby a safe dresser drawer that he can open and close. Keep exciting things in this drawer so that the baby will be encouraged to come to this drawer and leave other drawers alone. (Babies can pull high dressers over on themselves by opening a drawer too wide and hanging on it. So, take

handles off the bottom drawers of "high boys" or weigh them down so they can't topple over.)



PLAY STRETCH AND SQUAT GAMES

Play a stretching and squatting game with the baby.

"Up my arms go,
Now I'm tall,
Down I go,
Now I'm small!"



PLAY CLOTHESPIN GAME WITH BABY

Give the baby a plastic bottle and clothes pins. Show him how to fill and empty the bottle. He will need help for a while.



MAKE BABY AN OBSTACLE COURSE

Develop an obstacle course for the baby with chairs, pillows and boxes. Wait at the end of the course and greet the baby enthusiastically as he reaches you.

HIDE BABY'S TOY

Hide one of the baby's toys and help him search for it.



HIT BLOCKS TOGETHER

Hit two blocks together and let the baby have a turn.

TIE RIBBON ON A FAVORITE TOY

Tie a "leash" to one of the baby's toys and let him pull it around, or make him a milk wagon pull toy.

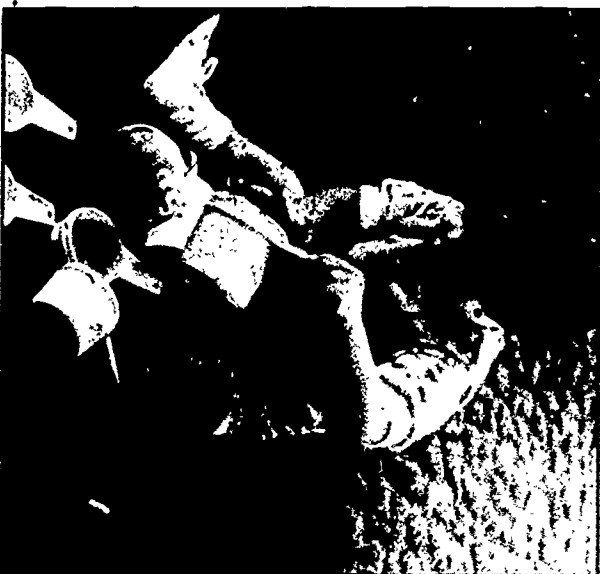
SEEING, HEARING AND FEELING

HAND BABY TOYS UPSIDE DOWN

Hand things to the baby upside down so that he will have an opportunity to run them.

LET BABY KEEP TIME TO MUSIC

Make the baby a cereal box drum. Give him a wooden spoon to use as a drum stick. Encourage him to use it for banging.



GIVE BABY MEASURING CUPS

Give the baby measuring cups or tin cans of graduated sizes so that he can experiment with size and fit.



PLAY A BOX GAME WITH BABY

Cover three boxes, two square ones and one round one, with the same contact paper.

Place cracker crumbs inside the round box. See if the baby can learn to choose the round box.

MAKE BABY PIE PLATE CYMBALS

Tie ribbons to aluminum pie plates to use as cymbals. Show the baby how to bang them from different distances to produce different sounds.



MAKE BABY A POKE BOX

Make a series of different size holes in a "poke" box, and line the box with a soft, furry fabric. Show the baby how to poke his fingers into the holes.

MAKE BABY COLORED BLOCKS

Make a series of red cardboard blocks. Make a yellow block of the same size and place a bell inside it. See if the baby can learn to discriminate color by picking out the block with the bell.

ENCOURAGE SPEECH AND LISTENING

Encourage the baby to imitate sounds that you make, by speaking slowly, repeating frequently, and showing him how pleased you are when his vocalizations match yours.

SOCIALIZING

PLAY FOLLOW THE LEADER

This is an age where the baby loves to imitate. Play follow the leader with the baby, using simple gestures or hand play. Tap the table, open and close your fist, or put a hat on your head. Always talk about the things you are doing.



SEND BABY ON "MESSAGES"

Encourage the baby to go on short messages for you. This will help with language development and, at the same time, will help the baby feel independent and important.

PLAY TELEPHONE GAMES

Play telephone games with the baby. Ring a bell, let him answer his play phone and talk to you.

PLAY RECORDS FOR BABY

Play records for the baby. He really enjoys music at this age and will begin to recognize familiar tunes. As soon as he seems interested, give him a stick drum that he can beat time with the music.

PLAY ALL KINDS OF HIDING GAMES

The baby loves any kind of hiding game. Try hiding an object in full view of the baby, first in one place and then in another. For a while, the baby will go back to the place where he originally found the object. He may not be quite old enough to keep track of an object that is hidden in a new place.

TOYS TO MAKE

BLOCKS

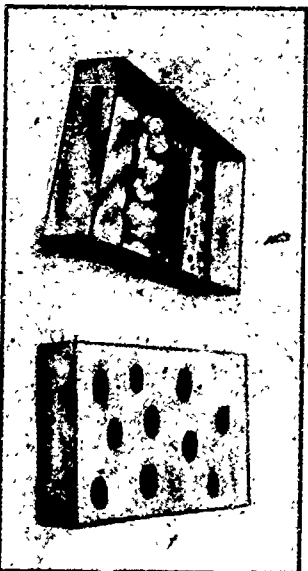
PURPOSE: Help child develop awareness of spatial relationships.

MATERIALS: Small milk carton. Adhesive paper.

PROCEDURE:

Cover cartons with adhesive back paper. **FOR THE OLDER CHILD:** Create blocks out of different size milk cartons and use as a construction set.

POKE BOX



PURPOSE: Give baby experiences with different "feel" sensations.

MATERIALS: Flat box, cotton, fabric scraps.

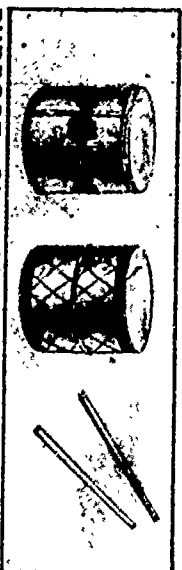
PROCEDURE:

1. Insure that box is shallow enough for baby's fingers to reach bottom of box.
2. Take cover off box.
3. Draw four parallel lines on box bottom.
4. Glue cotton balls on one section & fabric strips on the other four.
5. Punch 10 holes in box top & cut around. Make holes large enough for baby to poke his finger through.
6. Place lid on box & tape securely.

PLAY: Let baby poke his finger through the holes. He will enjoy feeling the different textures on the bottom.

FOR THE OLDER CHILD: Enlarge the holes and number each of the holes with a magic marker. Place numbers on popsicle sticks. Let the child place the sticks in the matching holes.

DRUM

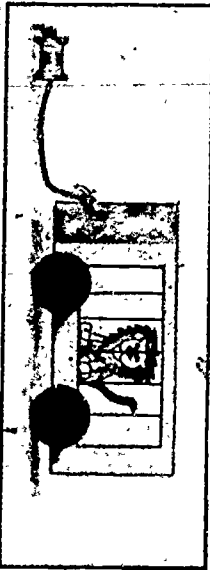


PURPOSE: Give child practice in using a spoon as a drum stick.

MATERIALS: Round cardboard cereal box, bits of yarn or string, bits of felt or tape, wooden spoons.

PROCEDURE:

1. Tape around top and bottom of oatmeal box.
 2. Make a design with scraps.
- FOR THE OLDER CHILD:** Let him beat out rhythm of songs, or keep time with a record, or play "Simon says" with drumbeats.
- MILK WAGON: (Circus Wagon)**



PURPOSE: Give baby push-pull practice.

MATERIALS: 1/2 plastic spray can tops, 2 six inch wooden dowels 1/2" diameter, heavy string, poster board, felt markers, felt cloth, and spool.

PROCEDURE:

1. Empty milk carton & cover sides with felt cloth.
2. Punch two holes on one edge of carton (1/4" in from edge, 3/4" in from each end). Punch two identical holes on opposite side.
3. Push each dowel through both pairs of holes.
4. Glue spray can tops on exposed ends of dowels for wheels.
5. Tie string to front end & loop it through spool on opposite end.
6. Cut animals out of poster board & glue to sides of cart.

11 MONTHS



BABY'S VIEWPOINT

At eleven months old many babies have developed a sense of object permanence. The parent can hide an object in one place, take it out, and rehide it while baby is watching. By now, baby will look directly in the last place the object was hidden. When baby finds the object in the last place, he ignores the first hiding place. At an earlier age, he would have peeked under the first place where he found the object, though he had watched you move it away. Baby's greater conceptual awareness is also apparent in his understanding of physical relationships. He pushes aside a screen if the object he wants is behind it and pulls a toy toward him by its string when he can't reach it directly.

The eleven-month-old is doing quite well now on "social" visits. He has developed his own repertoire of social graces. He may have learned to kiss, to wave bye-bye, or to hold out his hands. At times, however, just when a parent is most anxious to have him show off, baby will put his thumb in his mouth and remain completely detached. This may be a reaction to either the particular situation, or to his parents' anxiety in the situation.

MOTOR SKILLS

While some babies at eleven months are still getting around on their hands and knees, and others are walking by themselves, most babies by this time can walk holding on, pulling themselves up on furniture and cruising around. When baby first begins to walk, he holds both hands out like wings to help him balance. After some practice, he learns to use only one hand for balance and holds a toy or two with the other. It may take several months before baby can walk with both hands down, and several more months before he can swing his arms.

Placing tin cans, inside each other is a major accomplishment for the eleven-month-old baby. The decision as to which tin can fits into another is almost always accomplished on a trial and error basis. Baby may be quite persistent in his tries. The larger can may be banged against the smaller with a real show of strength before baby is convinced that it will not fit inside. Under and over, inside and outside seem to be central concerns. Baby will place a toy in a box, take it out, and place it back, time and time again. The adult recording the

activity may lose interest in the task, while the infant repeats the activity with obvious purpose and enjoyment.

SEEING, HEARING AND FEELING

The eleven-month-old baby enjoys new sights and sounds. A trip to the supermarket is an exciting experience, particularly if you are unhurried and can talk about each item as you choose it. Baby understands many words now, and can point out the more familiar items on the store shelves, such as milk, bananas, bread, or cereal.

Eleven-month-old babies love music and respond to the rhythm as well as the words of simple songs. They will act out key phrases like, "pop goes the weasel," or "all fall down."

Most babies enjoy feeling different textures with their feet as well as their hands. Some babies at this age, however, develop a strong dislike for certain kinds of "feel." For instance, they do not like the feel of sand on their feet and will refuse to walk barefoot on a beach or in a sandbox. Other babies are disturbed if something sticky gets on their fingers. Because baby learns so much about his world through a sense of feel, different feel experiences are important for him. Unless it is really cold, baby should not wear socks and shoes in the house. Contrary to popular belief, baby does not need shoes for support when he first begins to walk.

SOCIALIZING

Although individual differences in temperament are apparent from birth, the development of personality is a gradual process. Personality is usually thought of as a characteristic way of behaving. It implies an element of choice. At birth, every infant instinctively cries when he's hungry, so we don't think of crying as a personality trait. As the child grows older he learns different ways of behaving, and can react in different ways to different situations. When we talk about the kinds of choices that baby makes in response to situations, we describe the different dimensions of personality. The eleven-month-old baby could be described as active or passive, moody or even-tempered, careful or daring, noisy or quiet, fun-loving or serious-minded, friendly or shy, independent or clinging. He might enjoy playing alone with toys or he might prefer playing with people. No one is really quite

sure of all the determinants of personality, though it is generally agreed that nature and nurture play their respective roles.

In other words, the temperament he is born with, and the experiences he accumulates combine to make a baby his own unique self.

Many important experiences that baby accumulates quite early in life are associated with sex role identity. Every culture has its own sex role stereotypes—that is, it's own set of expectations about the way girls should behave and the way boys should behave. In American culture, the little girl is expected to be cute and coy and the boy is supposed to be mischievous. Therefore, when the girl baby covets her face with her hands and looks up for a moment with a shy half smile, everyone comments on her cuteness. The boy baby, on the other hand, finds his audience tolerantly amused by his "Dennis the Menace" antics.

As the baby practices the behaviors that work for him, and abandons the ones that don't, he develops a unique set of patterns of behavior that constitute personality.

SUGGESTED ACTIVITIES

MOTOR



MAKE A ROLL TOY FOR BABY

Make a round cylinder out of aluminum or a piece of linoleum and cover it with felt. To

fasten, tie with twine or cloth strip or use heavy cloth adhesive tape. Show the baby how to climb on it, how to roll it, and how to push things into one end and pull them out the other.



USE CHAIR AS A WALKER

If the baby is walking, show him how to hold on to a chair and push it around the room.

HELP BABY SLIDE DOWN STAIRS

If the baby has learned how to climb upstairs, show him how to slide downstairs on his stomach, feet first. (It is always better to teach the baby the safe way to come down stairs than to count on keeping a gate closed.)

PUT CRACKERS IN A FILM CAN

Place bits of crackers or cereal inside a small, screw-top film container or plastic jar. Place the lid on top loosely (do not turn). Show the baby how to take off the lid and retrieve the crumbs.



PLAY BALL ROLLING GAMES

Roll a ball to the baby and encourage him to roll it back. This activity can be done rhythmically with a chant:

*We roll the ball, it's rolling,
Now roll it down the track.
We roll it down to baby,
And baby rolls it back.*

KEEP A FIRST AID KIT ON HAND.

SHOW BABY HOW TO ROLL

Show the baby how to roll down an incline.

LET BABY PLAY WITH WATER

Give the baby empty containers when he is in his bath. He will love filling the containers with water and then pouring it out. (Avoid giving the baby bottles that held chemicals or strong cleaning compounds.)



LET BABY SET THE TABLE

Let the baby set the table.

SEEING, HEARING AND FEELING



HIDE A CLOCK OR RADIO

Play a hide and seek game with a loudly ticking alarm clock or pocket radio. The baby

has to find out where it is hidden by listening for the sound.



WRAP-UP TOYS

Wrap up toys in foil or tissue paper and allow the baby to unwrap. Do not use tape or ribbon.



MAKE BABY A SQUEAK BOOK

Make the baby a squeaking picture book. Read it, letting the baby squeak the pictures. (Squeaks can be bought at novelty stores and glued under pictures in your home-made picture books.)



MAKE BABY A TOTE BAG

Make the baby a flannel tote bag to wear over his shoulder. Let him reach inside and get different toys.

PLACE TOY ON A PILLOW

Place a toy on a pillow so that the baby can reach the pillow but not the toy. See if he will pull the pillow towards him. How hold the toy above the pillow. Does the baby still pull the pillow to get the toy?

PLACE NON-SKID MATS IN BATH



BEAT RHYTHMS WITH A SPOON

Let the baby beat out rhythms with a wooden spoon on the back of a pan or a pie plate.



ROLL TOY THROUGH TUNNEL

Roll a toy car through a cardboard tube. See if the baby will watch for it to come out the other end.



PUT HAND PUPPET ON BABY

Give the baby a hand puppet and let him manipulate it.

SOCIALIZING

READ HOME-MADE BOOKS WITH BABY

Read books to the baby. Home-made books are often a baby's favorite, particularly when different textures are used in the book so that the baby can feel the picture.

TALK WITH BABY

Talking to the baby is critical for language development. Look the baby straight in the eye when you talk with him. Accompany actions with words and names.

THROW KISSES WITH BABY

Teach the baby how to kiss by letting him watch you kiss. Once he has learned to make a kissing noise with his mouth, show him how to raise his arm to his mouth and "throw" a kiss.

LET BABY HELP WITH TASKS

As the baby "helps" with simple tasks, talk about what you and the baby are doing. "We are pouring milk in the cup." "We are opening the refrigerator door." "We are drying the dish with a dish towel." Use complete sentences.



TIE RIBBONS ON BABY'S TOYS

Tie different color ribbons to two of the baby's favorite toys, eg. car and teddy. Put the toys in front of him so that he has to pull the ribbons to get them. Ask him to give you the teddy - then the car. When he learns to pull the right strings with the toy in view try the game with first one toy hidden, and then both toys hidden.



PLAY A FEED THE HORSE GAME

Attach a feed-the-horse toy to the baby's crib. This will give him a chance to make something disappear and then come back again.

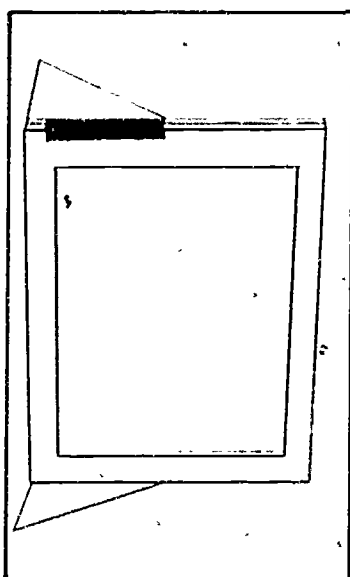
PUT A TOY OUT OF BABY'S VIEW

Put a favorite toy inside a tote bag. If your baby is walking, sling the bag over his shoulder. If he is creeping let him pull it by the handle. This will give him another way to learn that things continue to be there even when he can't see them.

LOCK YOUR CAR.

TOYS TO MAKE

CLEAR BARRIER



PURPOSE: To teach the baby how to go around barriers.

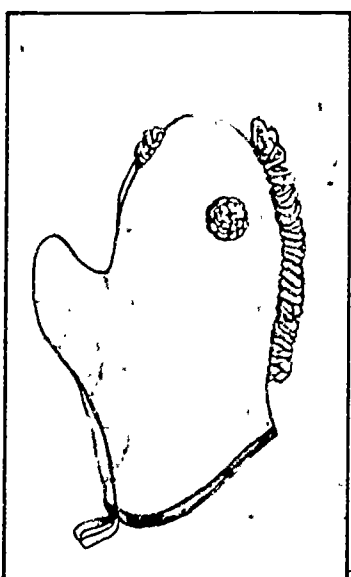
MATERIALS: 12" x 8" piece of plastic, tagboard, glue, cloth tape.

PROCEDURE:

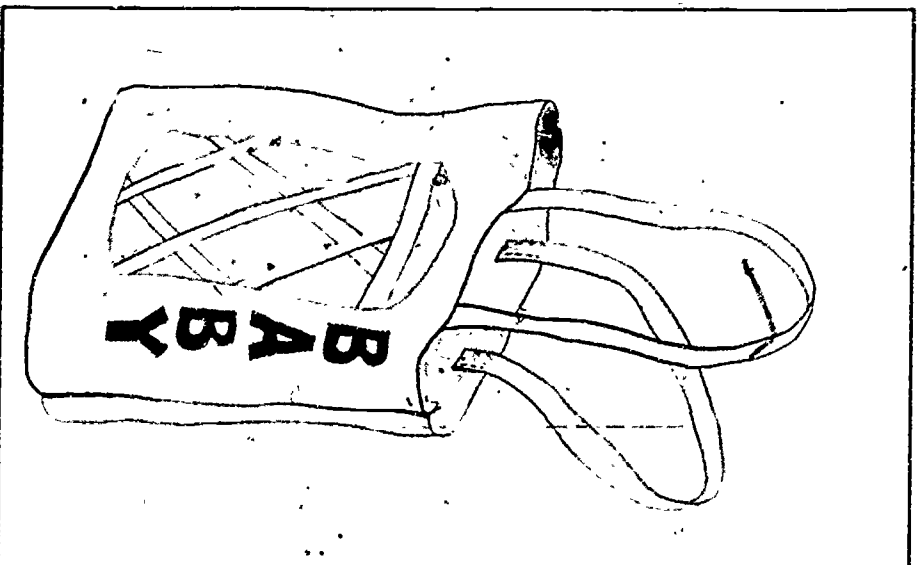
1. Cut two 1" tagboard frames to go around plastic.
2. Cut plastic evenly to fit.
3. Glue plastic between two frames.
4. Tape frames together.
5. Make tagboard or wood stands to hold up barrier. See Diagram.

PLAY: Place the barrier between baby and one of his favorite toys.

MITTEN PUPPET



CARRY-ALL



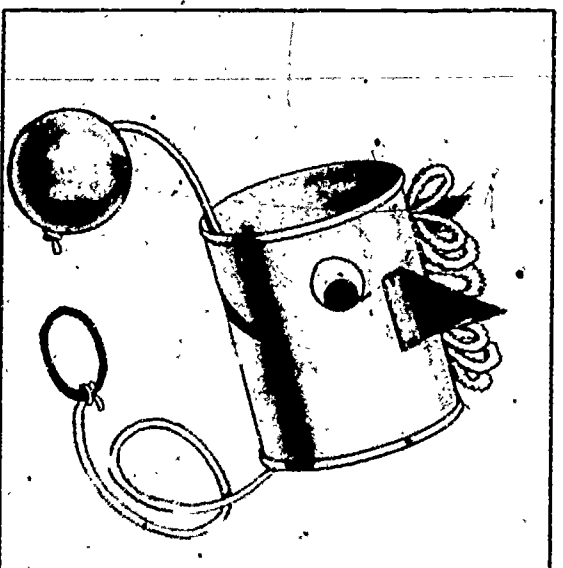
PURPOSE: Provide experience with placing toys inside a bag & with finding things.

MATERIALS: Felt cloth, felt scraps.

PROCEDURE:

1. With pinking shears - cut two strips 12" long & 2" wide for handle.
 2. Cut remaining fabric in half. Sew up three sides.
 3. Sew on handles. Glue on appliques.
- FOR THE OLDER CHILD:** Make a pouch on the outside for crayons and change.

FEED-THE-HORSE GAME



PURPOSE: Give child experience with an object disappearing & reappearing.

MATERIALS: Tagboard apple, plastic egg, or rubber ball, juice can (without top), elastic string, felt marker, adhesive backed paper.

PROCEDURE:

1. Attach string to ball.
 2. Poke a small hole through bottom of can. Cover this hole with tape on both sides.
 3. Put the string through the hole & tie a loop in the string.
 4. Cover the can with adhesive paper.
 5. Glue felt ears to the can.
 6. Poke two holes in the side of the can & put a string through holes.
 7. Draw a face on the can.
 8. Attach to crib or high chair with strings.
- PLAY:** By pulling string, child makes apple disappear in animal's mouth. When he lets go apple reappears.

FOR THE OLDER CHILD: Child tries to catch the ball with the can.

PURPOSE: Social play, language development.

MATERIALS: Odd mitten, sew on eyes, embroidery thread or yarn.

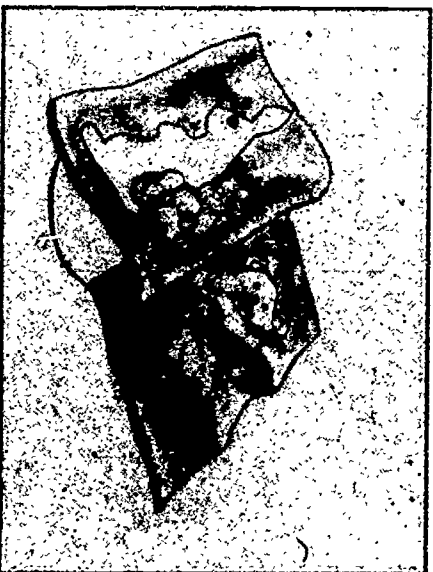
PROCEDURE:

1. Sew on eyes, embroider nose on mitten.
2. Place the mit on your hand.

PLAY: Recite rhyme to baby. Watch Mr. Frog getting off of the stump, with a hop and a plop, and a very big jump. When you say "jump", let frog jump on baby. Baby will learn to anticipate the jump and laugh.

FOR THE OLDER CHILD: Let him make a different kind of animal out of an odd mitten by sewing on a felt tongue and cardboard or buckram.

SQUEAK BOOK



PURPOSE: Develop listening behaviors and early language.

MATERIALS: Two pieces cotton cloth, 12 x 20, "squeak" device (from novelty store or discarded squeak toy) fuzzy fabric, needle and thread.

PROCEDURE:

1. Fold each piece of fabric in half.
 2. Place one piece over other to make farm book; sew seam down center.
 3. Cut fuzzy fabric in animal shapes.
 4. Sew animals on pages of book with squeaks under one or more animals.
- PLAY:** Read squeak book to baby, letting baby squeak the pictures.

12 MONTHS



BABY'S VIEWPOINT

A favorite photo in many a family album is the picture of baby on his first birthday with both hands plunged into the cake.

The need for active exploration that prompted that dive into the icing explains much of baby's behavior. Baby is now experimenting. At a younger age, he would throw a ball for the sheer joy of it. Now, he wants to find out some things about this ball. He throws the ball gently to Daddy two or three times, and then tries a bigger throw in a different direction. With rapt attention, he watches the ball hit a lamp or knock down a glass from the table.

Baby plays with the same toy for longer periods now. Even a familiar toy is inspected with new interest, as if baby is trying to figure out what makes it work. Instead of playing with the suction toy on his highchair, he will pull and push at it until he can finally yank it off.

A careful observation of the year old baby may give us glimpses of imaginative play. A baby who has experienced a warm relationship with adults may hug, kiss and rock a doll. A baby who has recently been spanked might pass the spanking onto his teddy bear, accompanying each spank with a vigorous "no, no." This ability to reenact a familiar scene or experience represents an important advance in the development of thought.

MOTOR SKILLS

At a year old, most babies have become quite adept at getting around the house, even if they haven't learned to walk. Babies seem interested not only in what is in front of or behind them, but also in things that are out of reach. Many babies climb as soon as they walk--although they are never as good at getting down from things as they are at getting up. As they become more adept at climbing up on things, they may become increasingly fearful about getting down. This is not a regression. It is just that baby's explorations have given him a new awareness of space, and with this awareness comes a new respect for high places, and a new awareness of danger.

Even a quiet baby at this age tends to stay on the go. Baby enjoys pulling out drawers, re-arrang-

ing table tops and taking things off shelves when they are just about out of his reach.

If he has an older brother and sister to imitate, a baby may indulge in experimental gymnastics. He will climb chairs, roll down an incline, and attempt a forward somersault. He is unlikely to get too far with this last feat, but seems quite pleased with himself anyway.

Many year old babies are learning to feed themselves, although most of what gets in the spoon may not make it to baby's mouth. Baby enjoys mealtime most when he can do some of it himself.

SEEING, HEARING AND FEELING

As the baby actively explores and experiments with all the things around him, he notices fine differences in the ways things sound, look, and feel. As he "reads" a book, he can point to the comb, or the telephone, and may even be able to match a toy car with a picture of a car.

Baby is alert now to fine differences in sound. He will tap a spoon against a glass, a plate, a bowl, and his shoe, as if studying sounds that a spoon can make.

Some babies at a year old are ready for simple bag games. If you put two objects, let's say a ball and a toy car, inside a bag, baby will reach in, and get you the toy you ask for.

As baby explores the shape, the color and the feel of objects he develops an awareness of likeness and difference. Soon he will be ready to play sorting games, where he places "like" things together.

SOCIALIZING

By a year old, most babies have mastered their first word, and will use it on every possible occasion. This word is really more than just a word. It represents a whole sentence. "Mommy" means, "Mommy, come in and get me." "Ba-Ba" may mean, "I want my bottle-right now!"

Although few babies at this age can say more than three or four words, the twelve-month-old understands language quite well. His response to "would you like a cookie?" is quite different from his response to "time for your medicine," and parents may resort to spelling, instead of saying "bed-time" or "going out."

Baby now knows the names of everyone in

the family and will look toward the person whose name is called. Some babies can even point out pictures of each family member in a photograph album.

The year old baby is an excellent mimic. He repeats just about any sound that he hears, and is great at copying gestures. He enjoys making funny faces, and will copy a facial expression even when he can't see his own face in the mirror. His readiness to imitate and his emerging sense of humor make him a fun companion for children and adults alike.

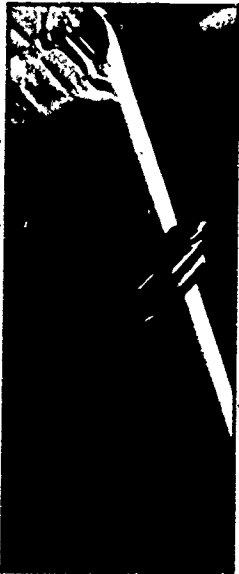
SUGGESTED ACTIVITIES

MOTOR



PUSH CAR THROUGH TUNNEL

Make a tunnel out of a cereal box. Show the baby how to push a car through the tunnel. The baby will watch for his car at the other end.



MAKE A CARDBOARD HILL



Fold a piece of cardboard to make a hill. Show the baby how to place the car on top of the hill and let it roll down.

LET BABY COMB DOLLS HAIR

Give the baby a brush, wash cloth and a rag doll with yarn hair. Let the baby comb the doll's hair and wash its face.



RIM A CAN WITH CLOTHESPINS

Let the baby rim a coffee can with clothespins.



BUILD A BLOCK TOWER.

Make a block tower with the baby. It's a great way to develop small muscle control.



PLAY A RAKING GAME

Make the baby a rake out of a stick and a comb. Sit him at a table and show him how to use the rake to gather out-of-reach toys. Make sure that you play this game only while the baby is sitting down. Letting the baby walk around with a stick is not a good idea.

PLAY A SHAPE GAME

Cut out a square hold in the top of a shoe box and show the baby how to drop a block through it. When he becomes adept at this, cut a round hole that an empty spool will fall through.

HAND BABY AN EXTRA TOY

Hand the baby a block when both his hands are full. He will find his own solutions to the problem.

THROW A BEAN BAG WITH BABY

Make the baby a "cookie mouse" or give him a bean bag and a large pail. Show him how to throw the bean bag into the pail.

GIVE BABY A BOX TO OPEN

Put a door hook or latch on a cigar box. Show the baby how to open it.

SEEING, HEARING AND FEELING



LET BABY PLAY WITH SHADOWS

Take the baby out on a sunny day and show him shadows. Stand on his shadow and let him stand on yours.



HELP BABY RECOGNIZE PICTURES

Paste pictures of small objects on the bottom of plastic butter containers. Give the baby a few small objects that match the pictures, (a toy telephone, doll's spoon, a cup, a small car, a whistle) and let him place the objects in their appropriate containers.

HELP BABY NOTICE COLOR

Give the baby a container with a lid, several regular size spools painted blue, and one giant size spool painted red. Make a hole in the lid big enough for the regular size blue spools but too small for the red spool. Your baby will discover which spools fit in the hole.



GIVE BABY A BOAT TOY

Give the baby a boat toy with two stacks of different heights and some straws of different lengths. By trial and error he will learn to put the right straws in the right smoke stacks so that they all will fit.

SOCIALIZING



TAKE ADVANTAGE OF BABY TIME

During the second year of life, the baby recognizes and expresses his individuality. It is the quality of time rather than the quantity of time he spends with his parents that makes the difference.

INVITE EXPLORATION

Allow the baby time to be by himself in an environment that invites exploration. Place cartoons with interesting things inside around the room. Hide a toy behind a chair, or tie ribbons onto toys that he can pull. The baby needs to spend time on his own, to explore, discover and invent. Make sure that you "babyproof" the house now so that the baby can't get hurt as he takes his first steps toward independence.



SHARE YOUR BABY'S DISCOVERIES

When the baby finds something that seems to capture his interest, a shadow on the wall, a piece of foil that makes a crinkling sound, a smooth warm stone, talk about it with him. The more enthusiasm you show about the baby's discoveries the more he is encouraged to explore and investigate.



MAKE BABY A FAMILY ALBUM

Make your baby his own family album. Be sure to include your baby's favorite people and favorite pet.

HELP BABY MAKE CONNECTIONS

Fill some juice cans with dry cereal and leave others empty. Seal the hole on top of the cans. Paint the ones with dry cereal in red, and paint the others blue. (Use a non-toxic paint or cover with contact paper.) After a while, the baby will learn to identify the cans that make the noise.

LET BABY CHOOSE A PICTURE

Play a picture sort game with the baby. Cut out pictures of familiar objects. Glue onto a piece of cardboard and cover with clear contact or cellophane. Put in a felt lined toy and ask the baby to find the object you name.

TALK TO YOUR BABY

Talking with the baby now is absolutely critical. Encourage the baby to use the word or words he knows. If, for instance, the baby's first word is "hi," take him out on a walk where he will find people to say "hi" to.



READ TO YOUR BABY

Read picture books with the baby. Encourage him to touch each picture as you say its name.



MAKE A TOY BOX FOR BABY

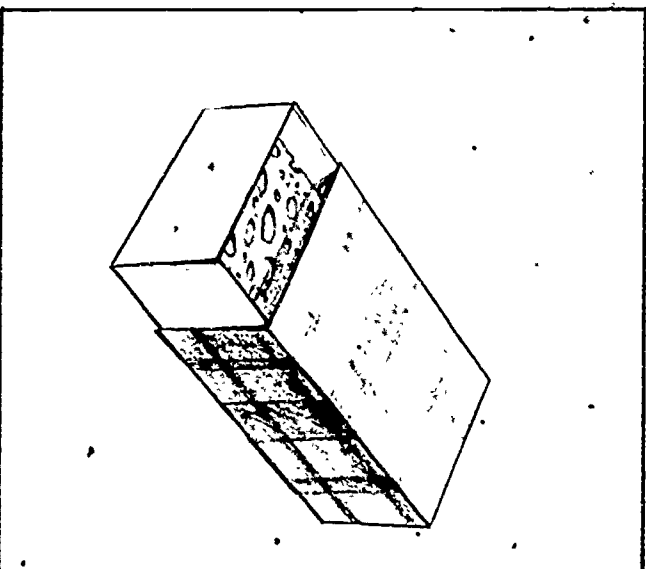
Make the baby his own "toy box" - picking up his toys and putting them in the box is a fine game now and can be the start of a life-long habit.

ENCOURAGE BABY TO IMITATE YOU

Encourage imitation by having the whole family clap in unison, raise their hands over their heads, or pull their ears.

TOYS TO MAKE

MATCH BOX



PURPOSE: Give baby experience with problem solving.

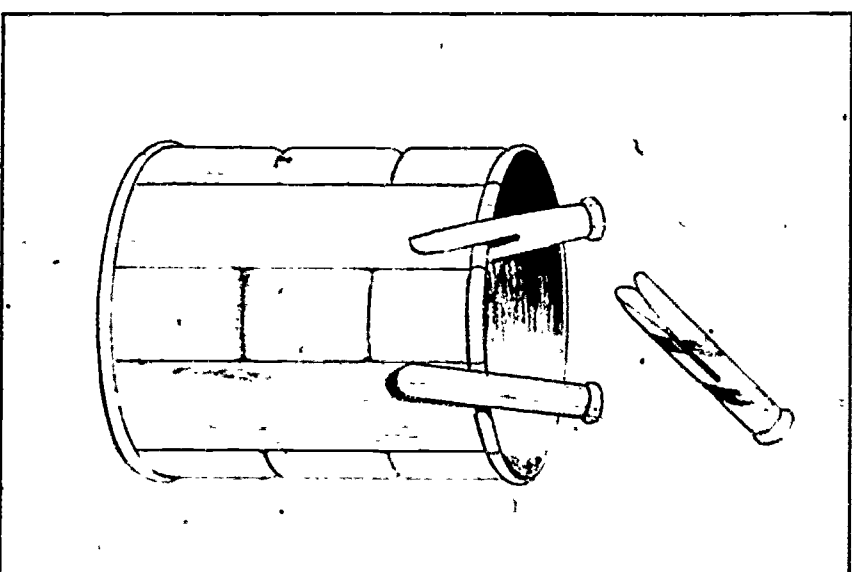
MATERIALS: Cardboard matchbox, sponge, fabric, glue.

PROCEDURE:

1. Cut sponge to fit inside of box & glue sponge to box.
2. Cover outside of box with material.

FOR THE OLDER CHILD: Match boxes make good mystery games. Place something inside the match box - a thimble - shells or penny, and let your child shake the box up and down and try to guess what is inside.

COFFEE CAN GAME



PURPOSE: Small muscle coordination.

MATERIALS: Coffee can, straight clothespins.

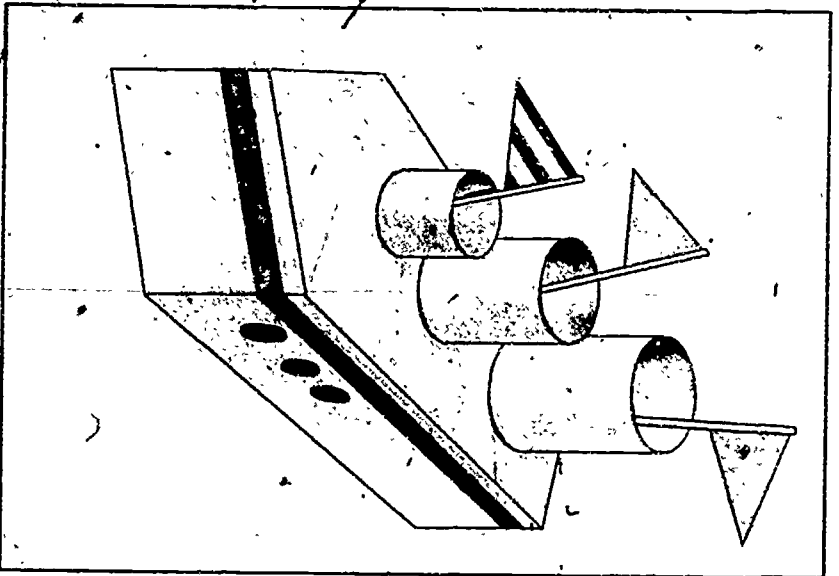
PROCEDURE:

Place colored tape around the rim of the can.

PLAY: Show baby how to put clothespins around the rim of the can.

FOR THE OLDER CHILD: Number the clothespins. Let child line them up in order of number. If he is correct all the colors will match. After he has learned to line the clothespins up counting forward, let him try the same thing starting from 10 and going backwards.

BOAT



PURPOSE: Help child recognize differences in size. Develop eye hand coordination.

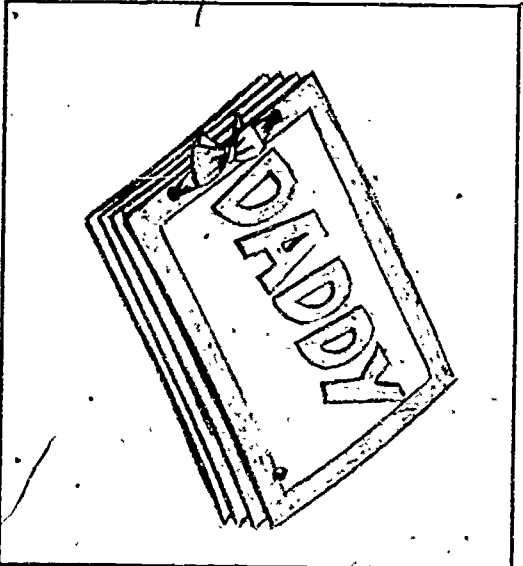
MATERIALS: Milk carton, 3 spindles, 3 straws.

PROCEDURE:

1. Cut spindle into 3 unequal parts.
 2. Cut 3 straws so that each straw is a little longer than a spindle.
 3. Tape fabric flag on each straw.
 4. Cut holes in the side of milk carton, insert spindles, and tape.
 5. Tie on string.
 6. Cover boat and decorate.
- PLAY:** Show baby how to put the flag in the spindle on smoke stack.

FOR THE OLDER CHILD: Cut smoke stacks of equal length and paint each stack a different color. Make a flag to match each smoke stack, and let child match by color. You can also change the flags and stacks so that child learns to match by shape, number, letter, or name.

FAMILY ALBUM



PURPOSE: Help baby recognize pictures of family members.

MATERIALS: Envelopes, felt markers, felt scraps, ribbon, hole reinforcers, puncher, 1 1/2" letters, non-toxic glue, photos.

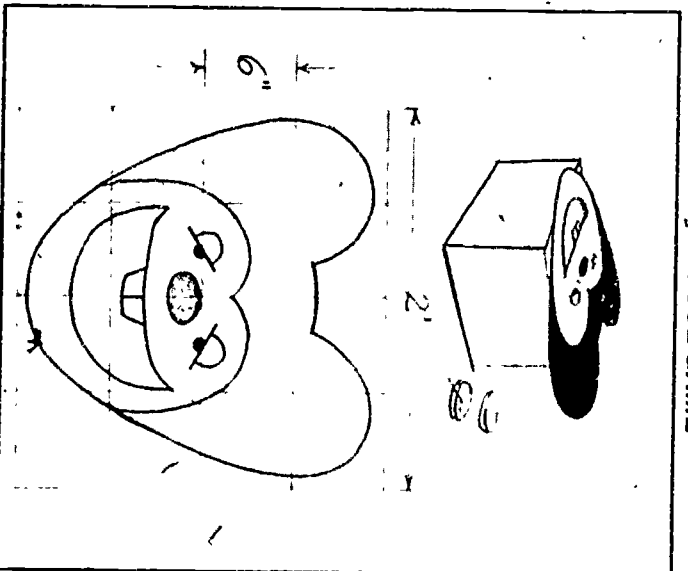
PROCEDURE:

1. Cut felt letters for family names.
2. Glue names to flap on envelopes.
3. Make a border around envelope.
4. Punch two holes at the bottom of envelope, 2 inches apart, and reinforce.
5. Attach all six envelopes together with the ribbon and tie a bow.

PLAY: Take pictures out of the envelopes one at a time and talk about them with baby.

FOR THE OLDER CHILD: Let him take his own photos and make his own album.

COOKIE MOUSE GAME



PURPOSE: Help child realize that an object still exists even though he can't see it.

MATERIALS: Cardboard box, 2 sheets of tagboard, fabric scraps, beans, poster paint.

PROCEDURE:

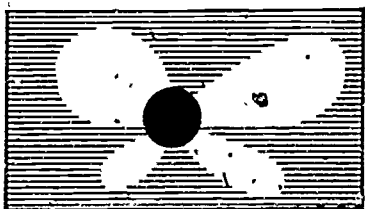
1. Draw Mouse on 2' by 2' tagboard according to the pattern.
2. Cut out the mouse's mouth.
3. Glue Mouse to large cardboard box.
4. Cut out section for Mouse's mouth.
5. Cut circles of felt about 2" in diameter.
6. Sew 2 cookie circles together until they are almost complete.
7. Fill bags with beans and close.

PLAY: With mouse on the floor, let baby drop cookies into his mouth, find them, and drop them through again.

FOR THE OLDER CHILD: Stand mouse up against the wall and let your child throw the cookies into the mouse's mouth.

Keeping Up With Baby

It's fun³ to keep track of what your baby does. These pages list some of the things you will notice your baby doing. Remember — every baby is different. The rate at which your baby grows and develops depends on many things — his pre-natal history, his age at birth, his weight at birth, the family history, his own unique time-table. There is never an exact time when a baby is supposed to accomplish a certain feat. The right time for your baby to accomplish a particular feat is exactly the time when he does it! And don't be surprised if your baby doesn't do everything on the list, or does things in a different order. Every baby is unique, and you can't ever predict exactly what they will do.



00008

WHAT BABY DOES

MOTOR DEVELOPMENT

WRITE DOWN YOUR BABY'S AGE WHEN YOU NOTICE HIM DOING THESE THINGS:

Kicks rhythmically when lying on back	_____	Opens hand before it hits ring on cradle gym	_____
Squirms up to corner of crib	_____		
Lifts head up while lying on stomach	_____	Grasps ring and cannot let go	_____
Thrusts arms out to the side in play	_____	Grasps ring and lets go	_____
Holds head up when pulled to a sitting position	_____	Reaches, grasps, brings toy to mouth	_____
Turns from stomach to back.	_____	Intentionally grasps toys one after another	_____
Holds head steady when propped in sitting position	_____	Kicks and bats at mobile	_____
Holds head up while lying on stomach with elbows straight	_____	Pulls to sit	_____
Bats mobile with arms	_____	Sits on floor, balanced on hands	_____
Clasps own hands	_____	Plays with fingers	_____
Raises hands to reach for something	_____	Bangs toys	_____
Crawls on stomach — pushing with legs and pulling with arms	_____	Sits unsupported on the floor, balancing without use of hands	_____
		Stands up in bouncer chair	_____

MOTOR DEVELOPMENT

DATE

While sitting unsupported on floor can use two hands together to pick up a toy or cup

Opens drawers

Sits unsupported on floor, and balances self while picking up a cup or toy and bringing it up to his mouth

Walks, one hand held

Deliberately puts down one object in order to pick up another

Creeps forward at will on hands and knees

Walks alone

Scoops up very small objects

Places one block on top of another

Pulls self up to standing

Walks, carries things

Transfers toy from hand to hand

Walks downstairs, one hand held

Picks up bits of food from tray and puts them in mouth

Squats

Uses hand-over-hand motion to pull himself up by a table leg

Walks downstairs, unaided

Walks, both hands held

Stands leaning against furniture without holding on

Cries "tears"

Gets down from standing position

Follows soft yellow or red light with eyes only

Pulls self up, and cruises along the furniture using a side step

Turns head to look directly at a rattle or bell when he hears it



SEEING, HEARING, FEELING AND KNOWING DATE

Turns head in direction of light when it is turned on.

Glance clearly lingers where colorful toy disappears

Touches own face, eyes and mouth with his hands

Shows recognition of bottle (some babies show recognition by crying harder, others stop crying)

Shown two toys, looks from one to another

Sitting in chair, when toy falls, looks for it after it disappears

When lying on back, twists backward to look at things upside down

Lying on floor mat, follows a falling toy, and reaches out toward the place where it comes to rest

Reaches for toy when it is partially covered with cloth

Pulls at mother's hand to make her repeat an action

Presented with an object, shakes it

Continues to look in a direction after someone who has just disappeared

Imitates a familiar gesture

Deliberately drops things from chair and watches them

Explores by poking

Picks up blanket to find a hidden toy

Develops a memory of timing--anticipates time it takes for a cup to hit the floor and looks down

Imitates adults' use of telephone--removes receiver and dials randomly

Imitates sound of fire truck

Looks up at airplane

Understands using a means to achieve a desired end--e.g. pushes away screen to retrieve a toy, or pulls string to bring object within reach

Searches actively for a vanished object, but in the first place seen, not in the second place, to which it had been removed

Rocks and sways in time to music

Partially imitates horizontal hitting of two blocks together by hitting a block in someone's hand or on some other surface

Selects the object of his or her choice out of many

Examines an object by turning it and feeling it while looking it over

Imitates horizontal hitting of two blocks together

Places rings on spindle

Can find a toy that is hidden first under one screen and then another

Imitates hand-waving

When cannot make a toy work, hands it to someone else to operate it



SOCIALIZING AND LANGUAGE DEVELOPMENT DATE

Stares at mother's face when nursing

Searches for food when held in a feeding position

Stops crying when picked up

Makes sucking sounds

Smiles in response to a soft, high voice

Quiets, gurgles, and smiles when stroked

When held at the shoulder, the baby holds head back to get a look at the face of the person holding him

Smiles when an object is suddenly brought into sight (surprised)

Responds with smiles and mouth-movement when someone imitates sounds made by baby

Tries to make sounds in answer to soft, high-pitched voice

Differentiated crying

Babbles — vowel sounds _____

Stops to smile or play during feeding _____

Sings _____

Deliberately coughs in a playful way _____

Laughs in response to laughter—"exchanges laughter" _____

Shouts _____

Prefers mother to stranger _____

Smiles at mirror image _____

"Greets" mother when she approaches _____

Repeats a single consonant sound over and over _____

Recognizes mother's voice from another room _____

Likes to play "surprise" games like having someone jump out at him _____

Spits food, and blows bubbles playfully _____

Helps feed himself by picking up lumps of food and putting them in his mouth _____

Obeys the command, "no!" _____

Anticipates a happening — e.g. likes to play pop goes the weasel _____

Responds to own name _____

Plays peek-a-boo by uncovering someone else's face _____

Plays "retriever"—creeps after toy or ball thrown by someone else _____

Holds arms up to be picked up _____

Watches for Mommy or Daddy out the window _____

Enjoys mirror image, vocalizes in front of mirror _____

Plays "so big" _____

Pat-a-cakes _____

Waves good-bye _____

Offers toys to others _____

Shows shyness with strangers

Hums

Imitates feeding doll

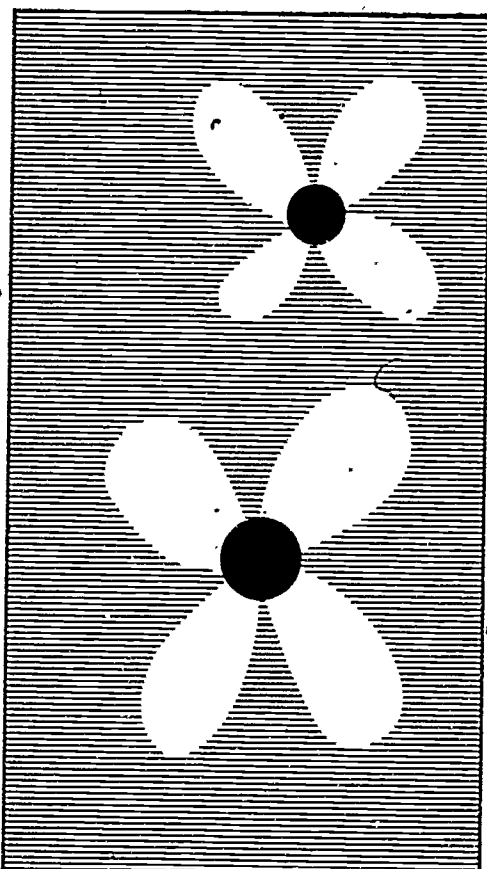
Mimics speech — "echolalia"

Performs for visitors

Throws ball to another—catches and throws again

Uses one-two words appropriately

Uses three-four words appropriately



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A CLOSING THOUGHT

"You are your baby's first teacher—but in a manner of speaking baby is your teacher too. Every baby that comes into this world is a unique personality—making an indelible impression on the people that care for him, enriching their lives in a thousand subtle ways. As you watch your baby grow and learn in these early months of life you, his parents, share in the learning experience.

This book includes a variety of games and activities. Be selective—choose the activities that seem right for you and your baby. If he tends to be inactive you might want to choose games that encourage movement. If he does not pay attention to sounds, you might want to choose games that involve listening. Most important, make sure that you and your baby have fun with the activities you select. Only through a succession of happy experiences can your baby develop the confidence in himself that will allow him to explore and investigate his world. Perhaps you have noticed that some of the suggested activities are repeated in different months. This kind of repetition is important for infants. An old experience "revisited" can provide a new opportunity to learn as the baby brings new capabilities into the learning situation.

Remember, too, that even at a very young age your baby will enjoy the company of another baby. Invite some friends over with their baby. As you try out the activities together, you will double the fun of "baby watching."

